SUMMER PARTY RECIPES

CHEESE FOR A HEALTHY HEART?!

AMERICAN FOOD HEROES

WHERE GOOD TASTE MEETS GOOD HEALTH

EatingWell®

JULY/AUGUST 2018

CANTALOUPE & CUCUMBER SALAD WITH FRESH ZA'ATAR, P. 106

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Features

★109★ American Food Heroes

Welcome to our second annual list, honoring 12 people doing extraordinary things to make food better in our country—whether it's through food policy, agricultural innovations, sustainability initiatives or life-saving nutrition research.
By Shaun Dreisbach

BLOODY MARY GARNISHES BY THE JAR, P.78

72 Vivian's Pickling Party
Can't keep up with all the veggies sprouting out of your garden? Coming home with too many must-have farmers' market finds? Start pickling!
By Vivian Howard

86 Lobster Party Redux
Save the bibs and bowls of butter for another time. Instead, turn lobster into a celebration with less mess and less fuss by taking the Niçoise salad route.
By Kathy Gunst

90 Falling for Zucchini in Occitanie
A summer in southern France, with help from her neighbors, taught author Emily Monaco to love the vegetable most likely to be left at your doorstep.
By Emily Monaco

100 Just Chill
This ultimate summer menu helps you finish the cooking before your crew even knocks on the door. So kick back and pour a cold one.
By Julia Clancy

COVER PHOTO: JOHNNY AUTRY; STYLING: CHARLOTTE AUTRY. RECIPE, PAGE 106

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This 4th of July, declare your independence from unhealthy snacking. Wonderful Almonds are heart healthy, a good source of protein and fiber, and won't get in the way of your summer goals.

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DEPARTMENTS

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Go Fish!

NOSH Shellfish, that is. Our recipe for clams and zucchini noodles in an umami-loaded black bean sauce is like summer on a plate. You'll also find recipes for easy pressure-cooker baked beans, an heirloom tomato salad with tomato vinaigrette, and design-your-own poke bowls. Can we just say: ***yum.***

39
Party Summer-Style

GATHER All the recipes you need for low-key get-togethers—including serrano-wrapped plums, a crunchy chicken-and-mango salad and a peach-blueberry-coconut trifle. And while you're at it, grab a cocktail.

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Cheese, Please

FRESH This ooey-gooey food may actually be good for you. Turn to page 62 for the latest on cheese and your health. Plus: long, lazy beach days call for singe-averting strategies—and we've got 'em for you. (Who knew you could eat to beat UV damage?) And how to crush sugar cravings—in surprisingly little time.

129
Fire Up Your Grill

MORSELS Find out which veggie burgers made our final four (of the 23 varieties we reviewed). Plus, how to prep and cook squash blossoms—in season and so delicious right now—and we share our favorite new seltzer makers.

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Show Some Love

TASTEMAKERS Farmworkers endure long hours in harsh conditions. Meet the man whose Labor of Love program is giving back to the people who grow and harvest the produce we enjoy every day.

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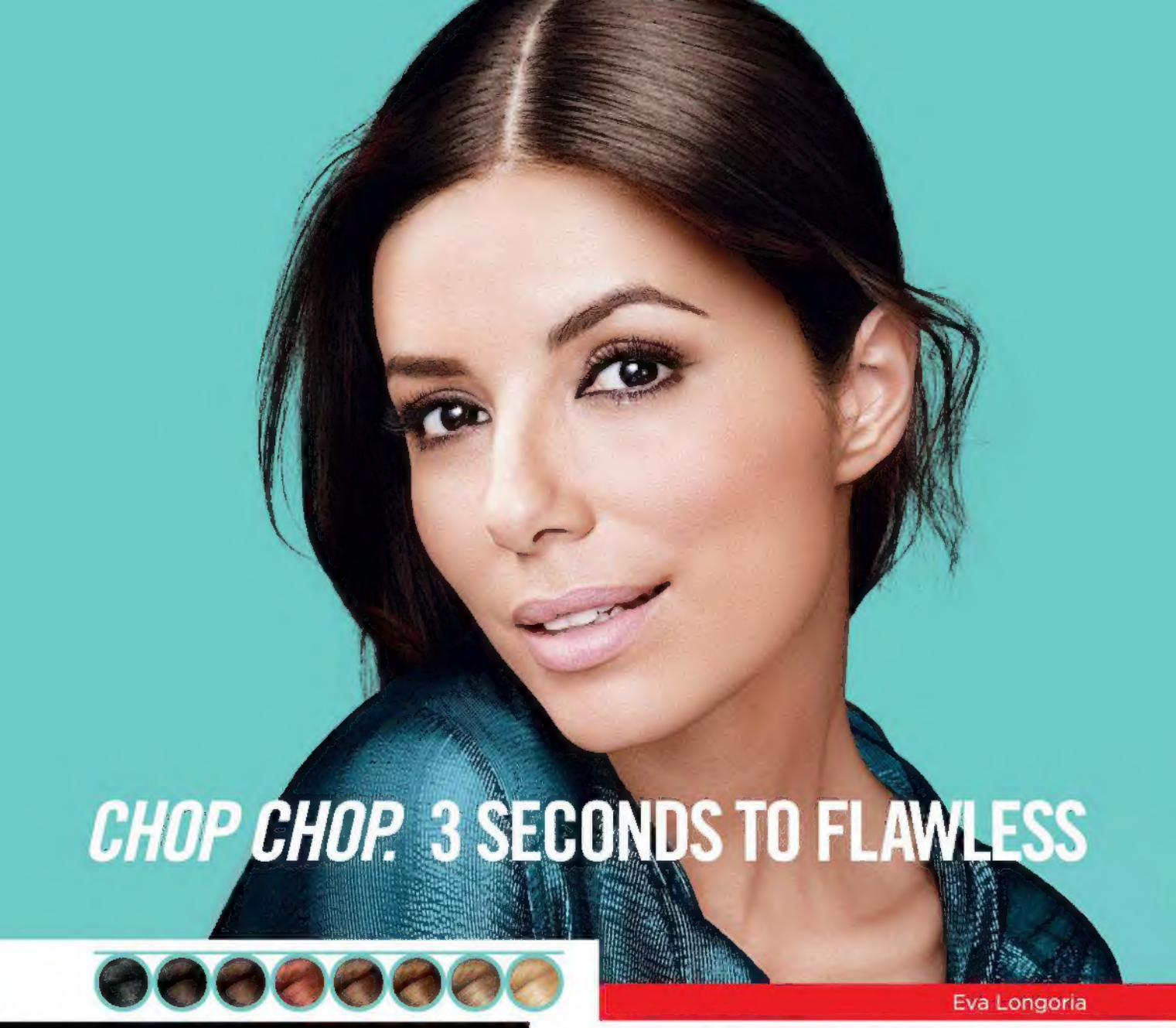
BELINDA FONTES/OFFSET



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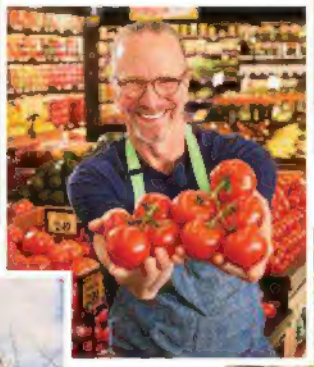

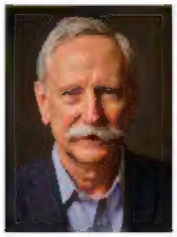

EatingWell's 2018 American Food Heroes start on page 109.

Summer Recipes with a Side of Food Politics

Can you take a little dose of food politics with your *EatingWell* magazine? I ask, because I recently got a letter from a reader scolding me to "just give me the recipes, lady!" I promise you (and that reader) that this issue is chock-full of delicious recipes and ideas for summer parties. I tasted all 46 of them when they were cooked in our Test Kitchen. My favorite item: the corn & fennel chow chow on page 80 from chef Vivian Howard's pickling party. I'm about to finish my second quart-size mason jar of the stuff. I've had it on a tuna salad wrap, over cheese grits, with eggs, on a hot dog. What is it *not* good on? And there's plenty more besides that—so if it's recipes you're after, you're set.

But I want to go back to the politics for a sec. Here's the deal: part of why I believe deeply in *EatingWell* is that we tell the stories behind our food, explain how it's produced, and hopefully help you better understand complex issues ranging from GMOs and food additives to animal welfare and farmworker justice. I recently looked through stacks of *EatingWell* from 25-plus years ago, when we first started. The issues had articles on topics like pesticides on produce, better ways to farm fish, and organic labeling. In other words, not only do we inject our pages with food politics today, but we've been doing it since day one.

So while I'm excited for you to try the recipes in this issue, I'm not going to shy away from pointing you to our second annual list of American Food Heroes *(page 109)*, written by our features editor, Shaun Dreisbach. It includes 12 people, each of whom is working on challenges facing our food system. There's a congresswoman who's worked tirelessly on the farm bill. There's an ag expert from The Nature Conservancy, leading a program to restore nutrients and improve soil health on at least half of all row-crop acreage in the U.S. over the next several years. There's an innovator who's built the largest indoor farm in the world in Newark, New Jersey, and the CEO of a multinational packaged-goods company who made the list because he not only pledged his company would end packaging waste by 2025, he also compelled his cohorts from McDonald's, Mars and more to commit to the same promise.

The list goes on. But I don't want to give it all away. Read it for yourself, then email me to let me know whether you give it a thumbs-up or -down. Me, personally? I love these stories. They inform me, inspire me and make me hopeful. But I totally get it if you tell me, "Just give me the recipes, lady." That's fair. May I recommend starting with the chow chow?

Jessie

JESSIE PRICE
EDITOR@EATINGWELL.COM
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1 **GRILLING**
Get fired up for our Jambalaya Sausage Kebabs *(left)* and more healthy dinner options from grilled salads and pizzas to foil-packet meals.

2 **GUT HEALTH**
Add probiotics to your diet with homemade kimchi, yogurt smoothies and more microbiome-friendly recipes.

3 **SUMMER SOIREES**
Turn your garden into party central with our Bloody Mary Bar and Summer Cheese Board.

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ASK OUR EDITORS

Riddley Schirm, Social Media Manager

How do you take good food photos in low-light restaurants? busybeerealmeals
"Here are a few suggestions: (1) Turn off the flash on your phone. (2) Shoot directly overhead or straight-on for a close-up. (3) Download a good photo-editing app! I like Snapseed. (4) Be picky about filters: choose a few you like and stick with those—it'll make your photos more consistent-looking." *—Riddley*

Victoria Seaver, M.S., R.D., C.D. Digital Meal Plan Editor

Are there any containers that are best for meal prepping? missc_wright
"Mason jars are affordable and durable with plenty of different sizes to choose from. I'm also a big fan of Stasher reusable storage bags: they're made of food-grade silicone and you can cook, bake, microwave and freeze foods in them. I like Bentology's Portion Perfect line too. Go to *EatingWell.com/webextra* for more of my faves." *—Victoria*

Julia Clancy, Recipe Developer & Tester

What is a good substitute for eggs in baking recipes? realmusicoflife
"Eggs are baking powerhouses full of water, fat and protein, so it depends on what you're making. Bob's Red Mill Egg Replacer often works in quick breads and cakes, as does ¼ cup applesauce *or* mashed banana plus ½ teaspoon baking powder per egg. In pancakes and pies, sub whipped aquafaba (chickpea water); for custards try silken tofu." *—Julia*

KATIE WEBSTER; INSETS ERICA ALLEN

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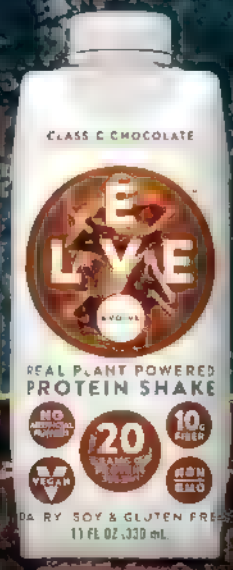

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I have been an *EatingWell* subscriber since the charter issue in 1990. I have enjoyed your recent articles on sustainable agriculture and ranching. My daughter lives in Santiago, Chile, and works with a local affiliate of the Savory Institute. When she visited San Diego last week, I showed her the Barry Estabrook article on sustainable meat production in the January/February 2018 issue *[above]* and the Rowan Jacobsen article on agriculture and husbandry in hot climates in the May/June issue. Part of her job is convincing Chilean media to publicize the work of her project. I wouldn't let her take my magazines, but I did tell her I would investigate how to get reprints of the articles sent to her so she could show Chilean journalists the kind of articles that are being written in American publications.

■ **Maria B. Penny**
San Diego, CA

Vegging Out

LOVE LOVE LOVE the May/June *EatingWell* edition "Veg Love!" It was full of inspiring and wonderful vegetable dishes My middle son, Matthew, is a type 1 diabetic. We changed our eating habits to include lots of fruits and vegetables in our diet when he was diagnosed back in 1998 at 14 months; he's now a very healthy 20-year-old. My wife was diagnosed with stage 4 cancer back in 2008, given at most three years to live. We again changed our eating habits to a more plant-based diet. She passed away in 2015. Eight years after being diagnosed, she put her extended life down to eating more vegetables and the love of her family. So thank you for an inspiring read and great recipes.

■ **Mark Allison**
Kannapolis, NC

Kudos on this excellent alternative to meat mains that doesn't showcase beans as the main ingredient ["Meat the Pretenders"]. My family enjoyed both the Red Cabbage Porterhouse Steaks with Herb Butter and the Eggplant Gyros, which both had incredibly tasty marinades. Please keep these creative ideas coming, as we all know that a plant-slant diet is good both for the health of our bodies and the planet.

■ **Denise Kleinman**
Austin, TX

The "Downtime Down South" feature was excellent! Can't wait to start making those recipes—they lend themselves to a vegetarian/vegan diet with very few or no tweaks.

■ **Paula Zevin**
Somerset, NJ

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Reading and Relaxing

I'm a happy subscriber Reading cooking magazines in print is my happy time and helps me relax. Reading the latest *EatingWell* right now while drinking my Sunday morning tea.

■ **Kate Rood**
Portland, OR

I loved "Attack of the Killer Heirlooms" [*Fresh Ink*, p.56], I can so relate! I have been a member of a local CSA for 10 years. With the excitement of it starting this week also comes the dread of what to do with all of it. I laughed out loud many times I love when I find fantastic recipes from this magazine to actually use the veggies instead of feeding my compost bin!

■ **Eileen Mendoza**
Rochester, NY

Diabetes Distinction

Regarding "The Truth Meter" in the May/June issue [*Fresh Health*, p.50]. You have done a great disservice to those of us (including many children) with type I diabetes. Unlike type 2 diabetes, type 1 is a genetic/hereditary disease that cannot be "cured." No amount of healthy eating or exercise can cure us, although in conjunction with stringent glucose testing, carb counting and both long- and short-acting insulins we can manage our disease. Frankly, we are sometimes a little testy about being lumped in with type 2s who may be able to change their situations. I would be grateful if you could make this distinction in the future

■ **Marlene Hamilton,**
Portland, OR

EDITORS' REPLY:
You're right it's not accurate to lump type 1 and type 2 diabetes together. Yes, the study we cite did look only at people with type 2 diabetes. We do try to make this distinction, but it looks like we missed this one Thanks for the correction!

Looking for Innovators

"In Search of Food for a Hot World" was an excellent, inspiring article. The diet wars (paleo vs. vegan vs. gluten-free, etc.) are attention-grabbing, but more innovation is what we need to improve our overall health and to meet environmental challenges. Kudos to *EatingWell* for elevating the food-related conversations.

■ **Robin O'Sullivan,** *Ph.D., Troy University, Dothan, AL*

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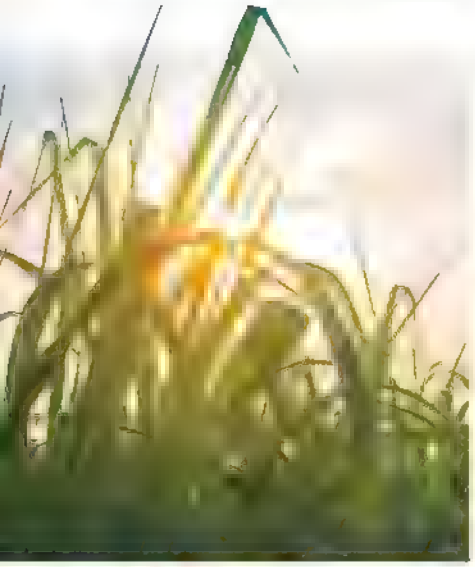

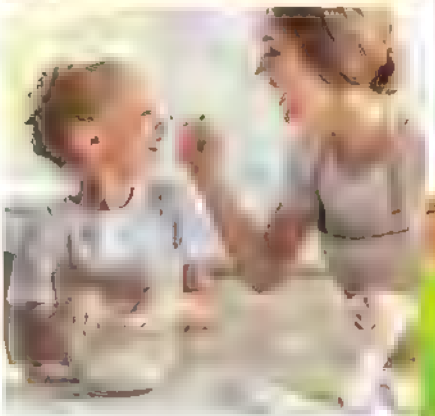

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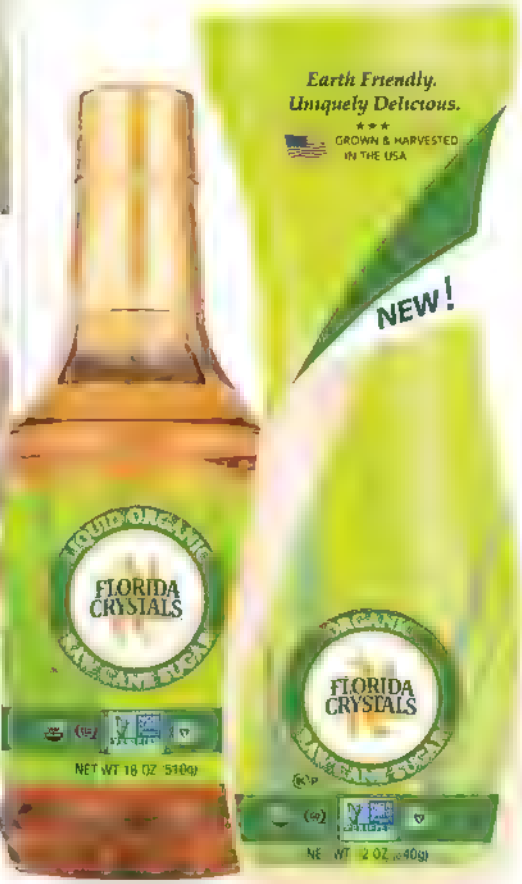

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EASY HEALTHY RECIPES

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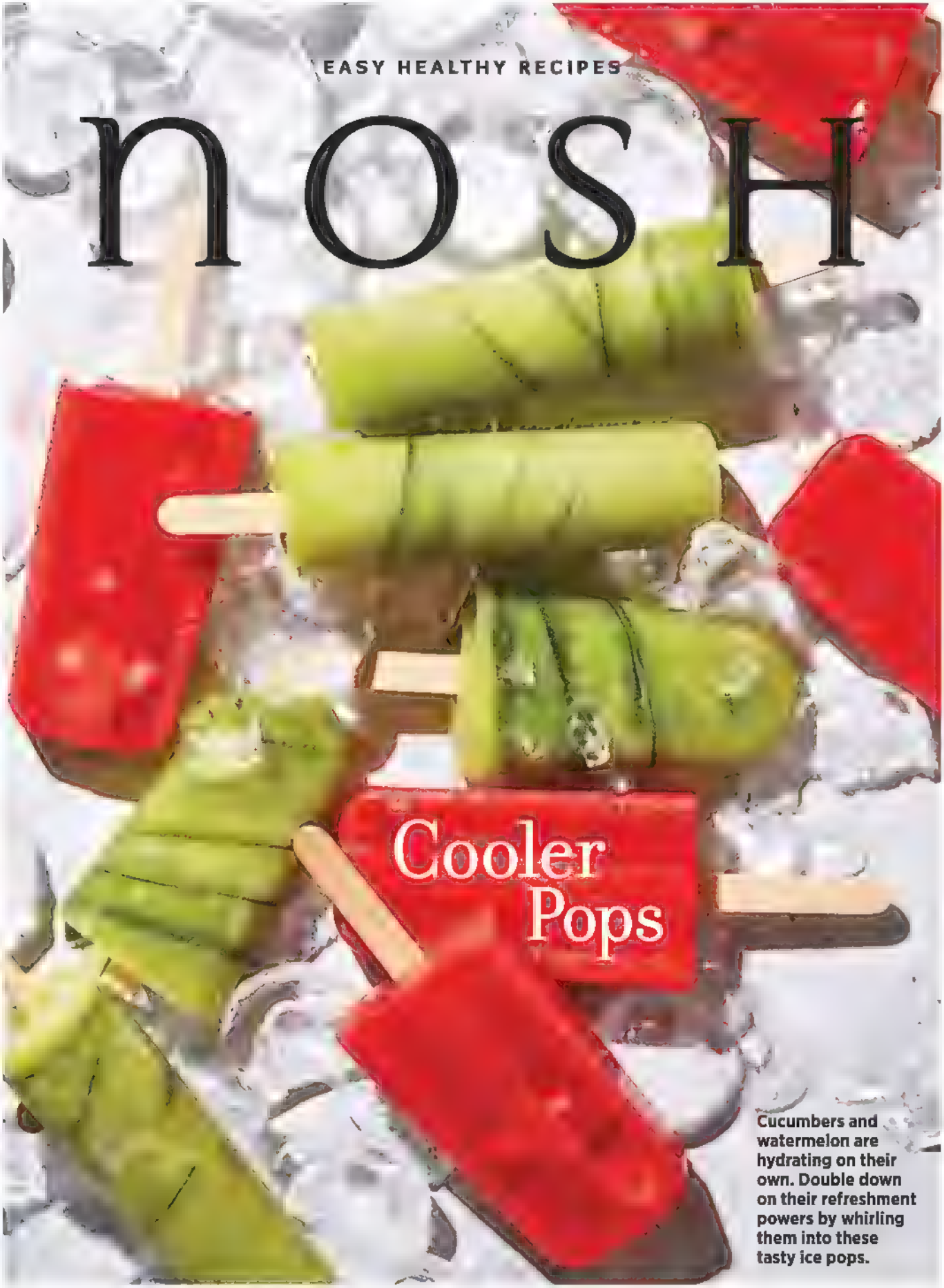

Cooler Pops

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BLAINE MOATS

MAKE IT

Snacks to Stay Hydrated

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Watermelon-Strawberry Popsicles

ACTIVE: 15 min **TOTAL:** 6¼ hrs (including 6 hrs freezing time)
TO MAKE AHEAD: Freeze for up to 3 weeks.
EQUIPMENT: Six 3-oz. freezer-pop molds

- ¼ cup sliced strawberries plus 2 cups whole strawberries, divided
- 2 cups cubed seedless watermelon
- ¼ cup lime juice
- 2 tablespoons light brown sugar
- ⅛ teaspoon salt

1. Press sliced strawberries to the insides of six 3-ounce freezer-pop molds.
2. Combine whole strawberries, watermelon, lime juice, brown sugar and salt in a blender. Puree. Pour the mixture through a fine-mesh sieve set over a medium bowl, pressing on the solids to yield as much juice as possible. (Discard solids.) Divide the mixture among the prepared molds and insert sticks.
3. Freeze until solid, about 6 hours.

SERVES 6: 1 popsicle each

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Cucumber-Jalapeño Popsicles

ACTIVE: 15 min **TOTAL:** 6¼ hrs (including 6 hrs freezing time)
TO MAKE AHEAD: Freeze for up to 3 weeks.
EQUIPMENT: Six 3-oz. freezer-pop molds

- 3 English cucumbers
- ¼ cup lemon juice
- ½ jalapeño pepper, seeded and chopped
- 2 tablespoons honey
- ¼ teaspoon salt

1. Trim cucumbers and cut into 4-inch lengths. Use a vegetable peeler to cut 18 strips of cucumber peel. Press 3 strips each to the insides of six 3-ounce freezer-pop molds.
2. Remove any remaining peel, then seed and chop the cucumbers to get 6 cups (reserve any remaining cucumber for another use). Combine the chopped cucumber, lemon juice, jalapeño, honey and salt in a blender. Puree. Pour the mixture through a fine-mesh sieve set over a medium bowl, pressing on the solids to yield as much juice as possible. (Discard solids.) Divide the mixture among the prepared molds and insert sticks.
3. Freeze until solid, about 6 hours.

SERVES 6: 1 popsicle each

CAL 40 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 9G / **TOTAL SUGARS** 8G (ADDED 6G) / **PROTEIN** 1G / **FIBER** 1G / **SODIUM** 52MG / **POTASSIUM** 198MG.

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Heirloom Tomato Salad with Tomato Vinaigrette

ACTIVE: 10 min **TOTAL:** 10 min

Here we top summer's ripest tomatoes with a bold tomato-based dressing for good measure.

- 2 pounds heirloom tomatoes, divided
- 2 tablespoons sherry vinegar
- 2 tablespoons extra-virgin olive oil
- 1 tablespoon minced shallot
- 1 teaspoon honey
- 1 teaspoon Dijon mustard
- ½ teaspoon salt
- 1 cup thinly sliced cucumber
- 4 ounces fresh mozzarella cheese, sliced
- ¼ cup chopped fresh basil
- Flaky salt for garnish

1. Chop ½ cup tomato and transfer to a blender. Add vinegar, oil, shallot, honey, mustard and salt. Puree, scraping down the sides once or twice, until smooth.
2. Slice the remaining tomatoes and arrange on a large serving platter with cucumber and mozzarella. Drizzle with the vinaigrette and top with basil. Sprinkle with flaky salt, if desired.

SERVES 8: 1 cup each

CAL 100 / **FAT** 7G (SAT 2G) / **CHOL** 11MG / **CARBS** 6G / **TOTAL SUGARS** 4G (ADDED 1G) / **PROTEIN** 4G / **FIBER** 1G / **SODIUM** 252MG / **POTASSIUM** 283MG

Grilling green beans instead of boiling them helps preserve their folate content—up to 30 percent can be lost to cooking water.

Charred Green Beans with Mustard Vinaigrette & Hazelnuts

ACTIVE: 15 min **TOTAL:** 15 min

Using a grill basket lets you cook all the things that would ordinarily fall through the grill grates, no skewering required. Pick up one from the hardware store or order one online for less than $15.

- 1 pound green beans, trimmed
- 3 tablespoons extra-virgin olive oil, divided
- 1 tablespoon red-wine vinegar
- 2 teaspoons whole-grain mustard
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- ¼ cup toasted chopped hazelnuts

1. Preheat grill to high.
2. Toss green beans with 1 tablespoon oil in a large bowl. Transfer to a grill basket. Grill, stirring occasionally, until charred in spots, 6 to 8 minutes.
3. Whisk the remaining 2 tablespoons oil, vinegar, mustard, salt and pepper in the bowl. Add the green beans and toss to coat. Serve topped with hazelnuts.

SERVES 4: 1 cup each

CAL 181 / **FAT** 15G (SAT 2G) / **CHOL** 0MG / **CARBS** 9G / **TOTAL SUGARS** 4G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 4G / **SODIUM** 202MG / **POTASSIUM** 292MG

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Grilled Baby Eggplant Agrodolce

ACTIVE: [illegible] TOTAL: 35 min

The Italian sauce agrodolce translates to sour and sweet. "Dolce" [illegible] No baby eggplant? No problem. Cut large eggplant into [illegible] slices.

- ½ pounds baby eggplant, halved
- 4 tablespoons extra-virgin olive oil, divided
- ¼ teaspoon salt, divided
- ¼ cup red-wine vinegar
- 2 tablespoons honey
- 2 tablespoons golden raisins
- 1 small clove garlic, crushed
- ½ teaspoon crushed red pepper
- 1 tablespoon chopped fresh mint

1. Preheat grill to medium-high. Brush eggplant with 2 tablespoons oil and sprinkle with ¼ teaspoon salt.
2. Combine the remaining 2 tablespoons oil and ¼ teaspoon salt, vinegar, honey, raisins, garlic and crushed red pepper in a small saucepan. Bring to a boil over high heat, then reduce to a gentle simmer. Cook, stirring occasionally, until reduced to ¼ cup, 10 to 12 minutes. Remove from heat, discard the garlic and cover.
3. Grill the eggplant, turning once, until softened and lightly charred, 6 to 10 minutes. Transfer to a large bowl. Drizzle the agrodolce over the eggplant and toss to coat. Sprinkle with mint.

SERVES 8: scant 1 cup each

CAL 192 / FAT 12G (SAT 2G) / CHOL 0MG / CARBS 22G / TOTAL SUGARS 17G (ADDED 10G) / PROTEIN 2G / FIBER 4G / SODIUM 355MG / POTASSIUM 370MG

Grilled Corn Salad with Chili-Miso Dressing

ACTIVE: 20 min TOTAL: 20 min

If you can find tatsoi, a peppery Asian leafy green, use it instead of mild-mannered spinach in this salad.

- 4 ears corn, husked
- 1 teaspoon peanut oil plus 3 tablespoons, divided
- 1½ tablespoons red-wine vinegar
- 1 tablespoon Thai sweet chili sauce
- 1 tablespoon white miso
- 1 large clove garlic, grated
- Pinch of salt
- 5 cups baby spinach or tatsoi
- 1 cup cherry tomatoes, halved
- ¼ cup sliced scallions
- Chopped fresh cilantro for garnish

1. Preheat grill to medium-high.
2. Brush corn with 1 teaspoon oil. Grill, turning occasionally, until some kernels are slightly charred, 8 to 10 minutes. Cut the kernels from the cobs.
3. Meanwhile, whisk the remaining 3 tablespoons oil, vinegar, chili sauce, miso, garlic and salt in a large bowl. Add spinach (or tatsoi), tomatoes, scallions and the corn; toss to combine. Serve topped with cilantro, if desired.

SERVES 8: 1 cup each

CAL 190 / FAT 10G (SAT 2G) / CHOL 0MG / CARBS 23G / TOTAL SUGARS 9G (ADDED 0G) / PROTEIN 5G / FIBER 4G / SODIUM 198MG / POTASSIUM 514MG.

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Lesson: Risotto 101

Have your kids help you make this summery dish—and teach them some cool food facts while they stir

By JOY HOWARD

Corn Risotto with Tomatoes & Spinach

ACTIVE: 35 min **TOTAL:** 35 min

Corn and tomatoes make this risotto taste like summer itself, but you can stir in almost any vegetables that your family likes.

- **5 cups low-sodium chicken broth**
- **2 tablespoons unsalted butter**
- **¾ cup minced shallots**
- **2 cloves garlic, minced**
- **1½ cups arborio rice**
- **¾ teaspoon salt**
- **¼ teaspoon ground pepper**
- **½ cup dry white wine**
- **1½ cups corn, thawed if frozen**
- **1½ cups baby spinach**
- **¾ cup chopped tomatoes**
- **5 tablespoons grated Parmesan cheese, plus more for garnish**
- **¼ cup chopped fresh basil**

1. Heat broth in a medium saucepan over medium-low heat until steaming

2. Melt butter in a large pot over medium heat. Add shallots and cook, stirring occasionally, until softened, about 2 minutes. Add garlic and cook, stirring, for 1 minute. Add rice, salt and pepper and cook, stirring frequently, until the rice begins to turn translucent, about 1 minute. Add wine and cook, stirring constantly, until it has evaporated, about 1 minute.

KIDS DO **3.** Add 1 cup of the hot broth and cook, stirring occasionally, until the liquid is absorbed, 1 to 2 minutes. Continue adding the broth, ½ cup at a time, stirring frequently and waiting until it has been absorbed before adding more, until you've added all the broth, about 20 minutes.

KIDS DO **4.** Add corn, spinach and tomatoes and stir until the spinach is wilted, about 1 minute. Remove from heat; stir in Parmesan. Serve the risotto topped with basil and more cheese, if desired.

SERVES 6: about 1 cup each

CAL 325 / **FAT** 7G (SAT 4G) / **CHOL** 14MG / **CARBS** 53G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 12G / **FIBER** 4G / **SODIUM** 447MG / **POTASSIUM** 423MG.

"Risotto" rices like arborio, carnaroli and vialone nano are particularly high in a starch called amylopectin. As the grains cook, the starch is released into the cooking liquid, giving the dish its signature silky texture.

ALLIUM ANATOMY
They may look and taste similar to yellow onions, but shallots grow more like garlic—in clusters of multiple onions that can be broken apart into individual pieces called (you guessed it!) cloves.

KERNEL KNOWS
Did you know a corn cob usually has an even number of rows of kernels? That's because the kernels first begin as ridges of cells that stretch across the length of the cob. As the corn matures each ridge splits, forming two rows.

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By BREANA LAI, MPH RD

Step Away from the Stove

Too hot to cook? We've got you covered. This 1,500-calorie meal plan involves zero time in the hot seat.

Breakfast • 343 cal
½ cup **muesli,** 1 cup **raspberries** and ¾ cup **low-fat milk.** Serve with ½ cup **orange juice.**

Snack • 143 cal
1 medium **peach,** ½ cup **cherry tomatoes,** ¼ cup **baby mozzarella balls** and **basil.**

Lunch • 394 cal
Shrimp, Avocado & Feta Wrap
1 **whole-wheat tortilla** filled with 3 oz. chopped cooked **shrimp,** ¼ cup each **avocado** and **tomato,** 1 sliced **scallion,** 2 Tbsp. **feta** and 1 Tbsp. **lime juice.** Serve with ½ cup **watermelon.**

Dessert • 189 cal
1 cup sliced **strawberries,** ½ cup **chocolate frozen yogurt,** 1 Tbsp. **whipped cream.**

Dinner • 434 cal

Chicken & Kale Taco Salad with Jalapeño-Avocado Ranch

ACTIVE: 25 min **TOTAL:** 25 min

This salad swaps out romaine for kale, giving you more than ten times the vitamin C

- 1 ripe avocado
- ⅓ cup ranch dressing
- 2 tablespoons chopped pickled jalapeños
- 1 tablespoon white-wine vinegar
- ¼ teaspoon ground pepper
- 8 cups shredded kale
- 2 cups shredded cooked chicken breast
- 1½ cups tortilla chips
- 1 cup canned black beans, rinsed
- ½ cup chopped mango
- ¼ cup shredded Cheddar cheese
- ¼ cup diced red onion
- Lime wedges & crushed red pepper for serving

1. Combine avocado, ranch dressing, jalapeños, vinegar and pepper in a food processor. Pulse until smooth.

2. Toss kale, chicken, tortilla chips, beans, mango, cheese and onion with the avocado mixture in a large bowl. Serve with lime wedges and crushed red pepper, if desired.

SERVES 4: 2 cups each

CAL 429 / **FAT** 23G (SAT 5G) / **CHOL** 72MG / **CARBS** 27G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 30G / **FIBER** 8G / **SODIUM** 407MG / **POTASSIUM** 818MG

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Pick a Poke

Give the grill a night off and make some poke. Pronounced *poke-ay*, this quintessential Hawaiian dish is typically just seasoned raw fish. Here we added options for those who aren't raw-fish fans, put it on top of rice and zoodles and loaded it up with veggies.

1 Prepare the Sauce

Keep things simple and make one master sauce to marinate your protein in and drizzle over the top. Whisk ¾ cup thinly sliced **scallion greens,** ¼ cup **reduced-sodium tamari,** 1½ Tbsp. each **mirin** and **toasted (dark) sesame oil,** 1 Tbsp. **toasted sesame seeds,** 2 tsp. grated fresh **ginger** and ½ tsp. **crushed red pepper** in a medium bowl. Set aside 2 Tbsp. of the sauce in a small bowl.

2 Pick Your Protein

If you're using raw fish, buy it from a high-quality fish market and look for salmon and tuna labeled "frozen at sea." (Raw fish may contain parasites, but commercial freezing kills them.) Cooked shrimp and extra-firm tofu are also great options. Add 12 oz. **Protein** (cut into ½-inch cubes) to the sauce in the medium bowl and gently toss to coat. Set aside to marinate.

- Raw salmon *or* tuna, skinned
- Cooked shrimp
- Extra-firm tofu

3 Make a Base

Choose brown rice for a more substantial bowl or zoodles (zucchini noodles) for a lighter take.

Toss 2 cups **cooked short-grain brown rice** or 4 cups **zucchini noodles** with 2 Tbsp. **rice vinegar**. Divide among 4 bowls.

4 Top 'Em Off

Almost any veggie tastes great on a poke bowl. A colorful mix feeds the eyes and offers the widest range of nutrients. For the sprinkles, think crunchy textures and complementary flavors.

Add two **Vegetables** to complete your meal (½ cup of each per bowl) and two **Sprinkles** (1 Tbsp. of each per bowl). Drizzle with the reserved sauce.

VEGETABLES

- Sprouts, pea shoots, peppery greens
- Thinly sliced radishes
- Thinly sliced cucumbers
- Thinly sliced snow peas
- Shelled edamame
- Diced avocado
- Diced bell peppers
- Halved cherry tomatoes
- Shredded carrot or beets
- Corn kernels

SPRINKLES

- Fresh herbs: basil, mint, chives *and/or* cilantro
- Sliced shiso leaves, nori
- Crushed wasabi peas
- Pickled ginger
- Gomasio, furikake, togarashi
- Toasted nuts *and/or* seeds

Active: 30 min **Total:** 30 min
Serves 4: 3 cups each
Nutrition Info: Page 134

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Black Bean Clams with Two Noodles

Active 30 min. Total: 30 min.

Chinese fermented black beans (they're actually soybeans) lend a salty and savory backbone to this stir-fry. They're pungent, so a little goes a long way. Find them at Asian grocery stores, well-stocked supermarkets and online.

- **3 tablespoons cornstarch**
- **3 tablespoons water**
- **2 tablespoons reduced-sodium tamari**
- **2 teaspoons sesame oil**
- **1 teaspoon sugar**
- **2 tablespoons peanut oil, divided**
- **6 cups summer squash noodles *and/or* zucchini noodles**
- **1 14-ounce package stir-fry noodles**
- **2 scallions, trimmed & cut into 1-inch pieces**
- **1 small hot chile pepper, sliced**
- **2 tablespoons minced garlic**
- **2 tablespoons minced fresh ginger**
- **1½ tablespoons fermented black beans *or* black bean garlic sauce**
- **5 pounds littleneck, manila *or* other small clams, scrubbed**
- **3 tablespoons Shao Hsing rice wine *or* dry sherry**
- **Chopped fresh cilantro (optional)**

1. Whisk cornstarch and water in a small bowl until smooth. Mix in tamari, sesame oil and sugar. Set near the stove.

2. Heat 1 tablespoon peanut oil in a 14-inch flat-bottom carbon-steel wok over medium-high heat. Add squash and stir-fry noodles; cook, stirring gently, until just tender, 2 to 3 minutes. Transfer to a serving dish.

3. Add the remaining 1 tablespoon peanut oil, scallions, chile, garlic, ginger and black beans (or sauce) to the pan. Cook, stirring constantly, until fragrant, about 30 seconds. Add clams and rice wine (or sherry). Cover, reduce heat to medium and cook, stirring occasionally, until the clams are open, 7 to 10 minutes. (Discard any unopened clams.) Use a slotted spoon to transfer the clams on top of the noodles.

4. Whisk the cornstarch mixture and add to the pan. Cook, stirring, until the sauce is thickened, 1 to 2 minutes. Drizzle the sauce over the clams and noodles and top with cilantro, if using.

SERVES 4: 2 cups each

CAL 393 / **FAT** 10G (SAT 2G) / **CHOL** 21MG / **CARBS** 50G / **TOTAL SUGARS** 7G (ADDED 1G) / **PROTEIN** 21G / **FIBER** 6G / **SODIUM** 809MG / **POTASSIUM** 656MG.

Speed Up Your Game

OODLES OF ZOODLES
Buying prespiralized veggie noodles saves time (plus fewer dishes to wash!). Look for them in the produce section.

NO BOIL
Precooked stir-fry noodles go right into the pan—no boiling required. Find them in the Asian section of most supermarkets.

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KIND

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*in tastier terms: our first ingredient is whole almonds

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Making baked beans from scratch lets you control the amount of added sugar. This recipe has 14 grams less per serving than a traditional recipe.

Pressure-Cooker Baked Beans

ACTIVE: 20 min **TOTAL:** 1¾ hrs
TO MAKE AHEAD: Refrigerate for up to 3 days or freeze for up to 3 months

Make real-deal baked beans in a multicooker or pressure cooker, such as an Instant Pot, instead of a slow cooker or the oven, and they'll be ready in a fraction of the time.

- 1 medium onion, chopped
- 1 cup chopped celery
- 4 slices bacon, chopped
- 1 pound dried navy beans
- 2½ cups water
- ¼ cup ketchup
- ¼ cup molasses
- 1 tablespoon Worcestershire sauce
- 2 teaspoons dry mustard
- ½ teaspoon crushed red pepper
- ½ teaspoon garlic powder
- 1 tablespoon cider vinegar
- ½ teaspoon salt
- ½ teaspoon ground pepper

1. Cook onion, celery and bacon in a multicooker or pressure cooker on Sauté mode, stirring occasionally, until the onion is softened, about 5 minutes. *(No Sauté mode? Cook onion, celery and bacon in a large skillet over medium heat, then transfer to a multicooker or pressure cooker.)* Turn off the heat. Add beans, water, ketchup, molasses, Worcestershire, dry mustard, crushed red pepper and garlic powder. Close and lock the lid. Cook at High Pressure until the beans are tender, 1½ to 2 hours.

2. Carefully release the pressure. Stir in vinegar, salt and pepper.

SERVES 12: ½ cup each

CAL 184 / **FAT** 2G (SAT 0G) / **CHOL** 2MG / **CARBS** 34G / **TOTAL SUGARS** 11G (ADDED 8G) / **PROTEIN** 10G / **FIBER** 6G / **SODIUM** 314MG / **POTASSIUM** 660MG

*Brrr*eakfast Smoothie Bowls

Blending frozen melon with just enough liquid yields an almost ice cream–like texture. It's a cool way to start off a hot and humid day.

Honeydew Smoothie Bowl

ACTIVE: 5 min **TOTAL:** 5 min

- **4 cups frozen cubed honeydew (½-inch pieces)**
- **½ cup unsweetened coconut milk beverage**
- **½ cup green juice, such as wheatgrass**
- **1 tablespoon honey**
- **Pinch of salt**
- **Melon balls, berries, nuts *and/or* fresh basil for garnish**

Combine honeydew, coconut milk, juice, honey and salt in a food processor or high-speed blender. Alternate between pulsing and blending, stopping to stir and scrape down the sides as needed, until thick and smooth, 1 to 2 minutes. Serve the smoothie topped with more melon, berries, nuts and/or basil, if desired.

SERVES 2: generous 1 cup each

CAL 176 / **FAT** 2G (SAT 1G) / **CHOL** 0MG / **CARBS** 41G / **TOTAL SUGARS** 37G (ADDED 9G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 141MG / **POTASSIUM** 791MG

Cantaloupe Smoothie Bowl

ACTIVE: 5 min **TOTAL:** 5 min

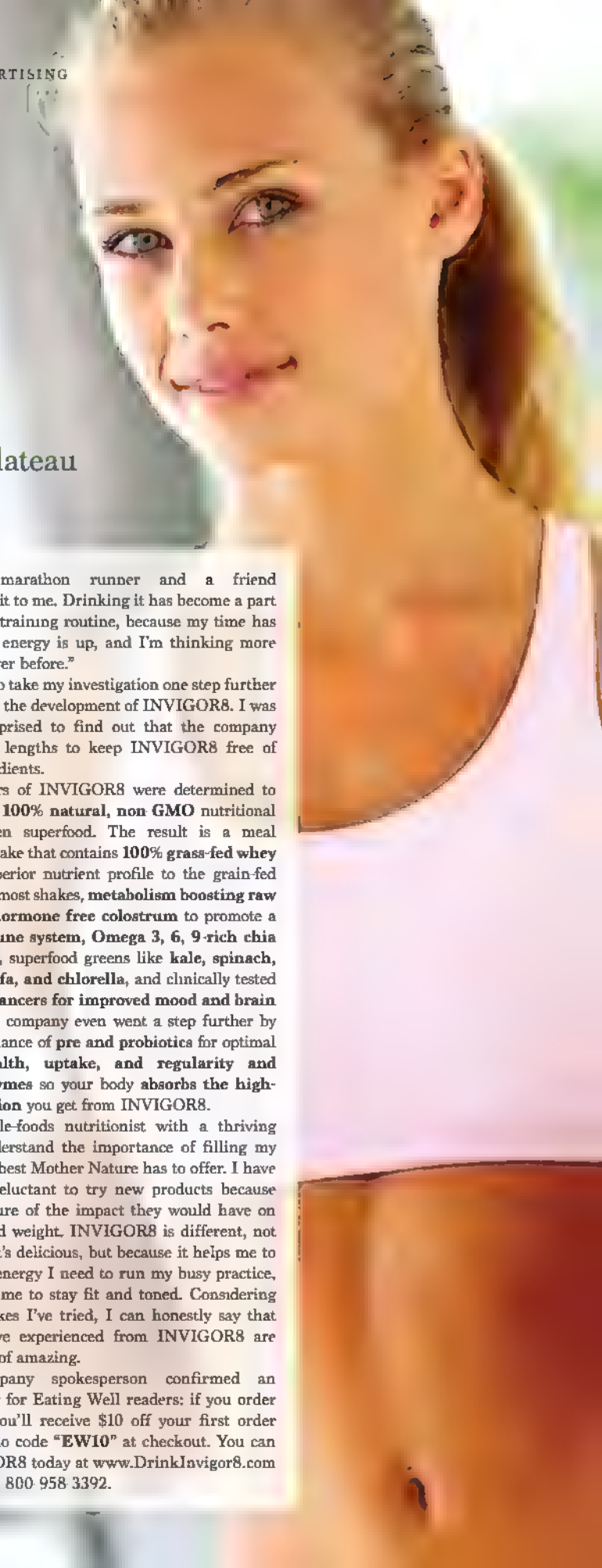
- **4 cups frozen cubed cantaloupe (½-inch pieces)**
- **¼ cup carrot juice**
- **Pinch of salt**
- **Melon balls, berries, nuts *and/or* fresh basil for garnish**

Combine cantaloupe, juice and salt in a food processor or high-speed blender. Alternate between pulsing and blending, stopping to stir and scrape down the sides as needed, until thick and smooth, 1 to 2 minutes. Serve the smoothie topped with more melon, berries, nuts and/or basil, if desired.

SERVES 2: generous 1 cup each

CAL 135 / **FAT** 1G (SAT 0G) / **CHOL** 0MG / **CARBS** 32G / **TOTAL SUGARS** 28G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 3G / **SODIUM** 180MG / **POTASSIUM** 1,053MG.

+ **GO BOWLING** Get more smoothie bowl recipes at eatingwell.com/webextra



LOSE WEIGHT, FEEL GREAT

Break Through Your Weight Loss Plateau

By Amber Rios

Being a health and nutrition correspondent means that companies frequently send me their products, and ask for my stamp of approval. Most of the time I dive into research, give the product a try, and send the company honest feedback about what they'll need to change before I'll recommend it. Plus my hectic job and my determination to stay fit means I'm always hunting for a quick and nutritious way to fill up on nutrients my body needs. So I can confidently say, "I've tried it all"

Last Tuesday work was especially hectic, but I'd booked with my $200 an hour personal trainer, Tony, a triathlon winning, organic-to-the-bone fitness guy with a ten mile long track record of whipping the "who's who" into shape in record time, so I had to go. He noticed that my set count was down and playfully asked, "Feeling a little tired today?", as he handed me a bottle from his gym bag. After one sip I figured that there was no way this could be healthy because the creamy chocolate flavor was just too delicious. Still, he'd never risk his reputation.

With more than a healthy dose of scepticism I decided to investigate this shake he'd called INVIGOR8

Turns out, it's a full meal replacement shake, which stunned me because virtually every other shake I'd researched had tasted chalky, clumpy and packed with hidden "no-no's" like cheap protein, tons of artificial ingredients, not to mention harmful synthetic dyes, additives, sugars, preservatives, and hormones. And even though INVIGOR8's full meal replacement shake cost more than many of the shakes I've tried, it was about half the price of my favorite salad, and the nutrition profile looked second to none.

Wanting to know more, I reached out to a few of the people who were talking about it on trustworthy fitness forums. By the next morning three people got back to me saying,

"As a trainer I love Invigor8. It's definitely helped me to have more all-day energy, plus build the kind of lean sculpted muscle that burns more fat."

"Yes, I'll recommend it, it tastes great, and I really like how it keeps me feeling full for hours."

"I'm a marathon runner and a friend recommended it to me. Drinking it has become a part of my regular training routine, because my time has improved, my energy is up, and I'm thinking more clearly than ever before."

I decided to take my investigation one step further by researching the development of INVIGOR8. I was pleasantly surprised to find out that the company went to great lengths to keep INVIGOR8 free of harmful ingredients.

The makers of INVIGOR8 were determined to make the first **100% natural, non GMO** nutritional shake & green superfood. The result is a meal replacement shake that contains **100% grass-fed whey** that has a superior nutrient profile to the grain-fed whey found in most shakes, **metabolism boosting raw coconut oil, hormone free colostrum** to promote a **healthy immune system, Omega 3, 6, 9-rich chia and flaxseeds**, superfood greens like **kale, spinach, broccoli, alfalfa, and chlorella**, and clinically tested **cognitive enhancers for improved mood and brain function.** The company even went a step further by including a balance of **pre and probiotics** for optimal **digestive health, uptake, and regularity and digestive enzymes** so your body **absorbs the high-caliber nutrition** you get from INVIGOR8.

As a whole-foods nutritionist with a thriving practice I understand the importance of filling my body with the best Mother Nature has to offer. I have always been reluctant to try new products because I was never sure of the impact they would have on my energy, and weight. INVIGOR8 is different, not only because it's delicious, but because it helps me to maintain the energy I need to run my busy practice, while helping me to stay fit and toned. Considering all of the shakes I've tried, I can honestly say that the results I've experienced from INVIGOR8 are nothing short of amazing.

A company spokesperson confirmed an exclusive offer for Eating Well readers: if you order this month, you'll receive $10 off your first order by using promo code **"EW10"** at checkout. You can order INVIGOR8 today at www.DrinkInvigor8.com or by calling 1 800 958 3392.

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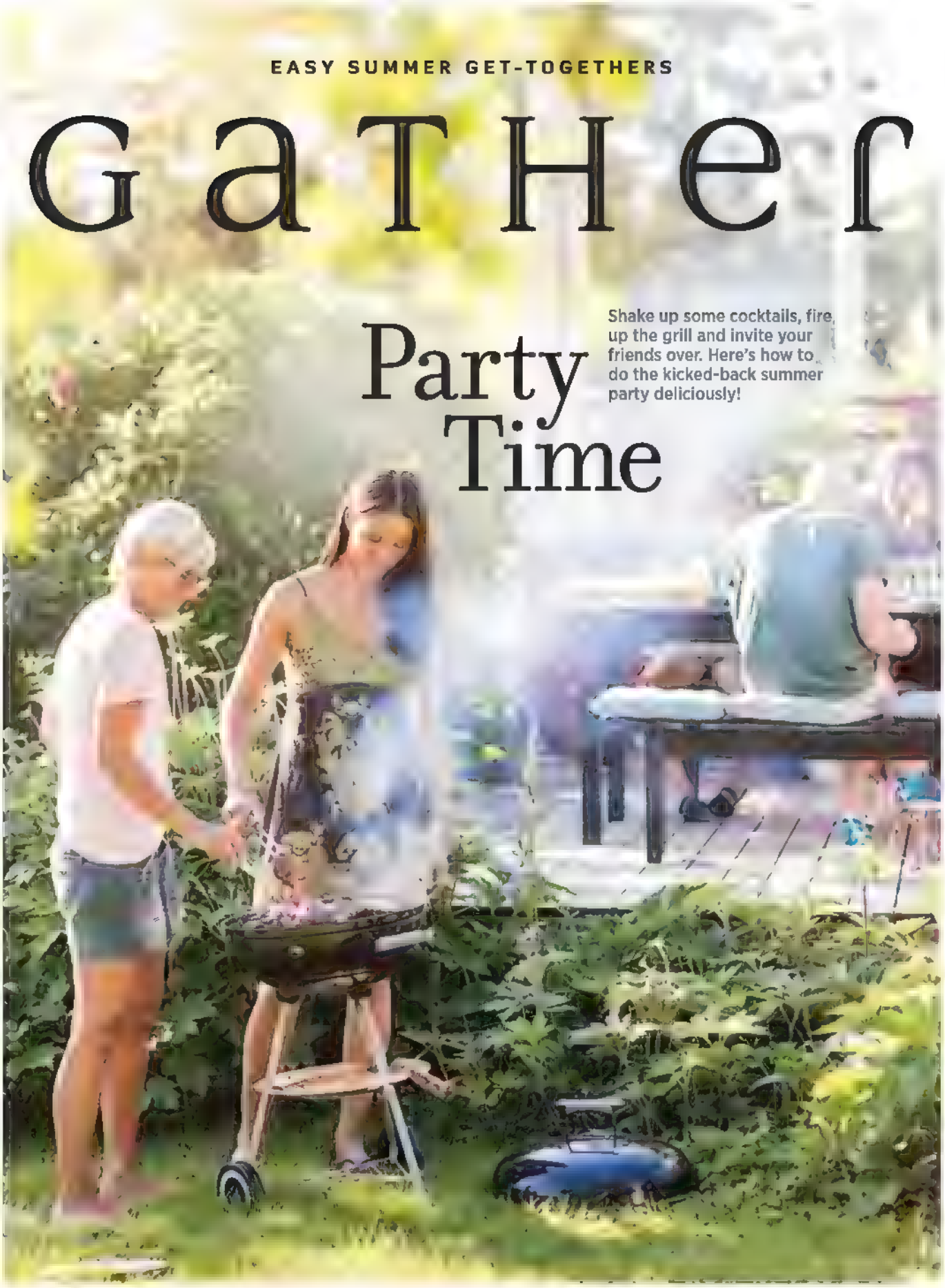
EASY SUMMER GET-TOGETHERS

GATHER

Party Time

Shake up some cocktails, fire up the grill and invite your friends over. Here's how to do the kicked-back summer party deliciously!



PAIR IT
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Thai Wit-Glazed Grilled Chicken

ACTIVE: 45 min **TOTAL:** 45 min

This chicken's sticky, citrusy glaze is made with Belgian wit beer, coriander and orange. Plus it gets a Thai spin from lemongrass and kaffir lime leaves. Use a bottle from your favorite brewery or opt for easy-to-find Blue Moon Belgian White—have a few extra bottles on hand to drink with it!

- **1 tablespoon coriander seeds**
- **4 cloves garlic, smashed**
- **1 1-inch piece lemongrass, halved and bruised**
- **2 fresh kaffir lime leaves *or* 1½ teaspoons chopped jarred leaves**
- **2 tablespoons canola oil, divided**
- **2 cups wit beer**
- **1 cup orange juice**
- **¼ cup packed light brown sugar**
- **8 bone-in chicken thighs (about 3 pounds)**
- **½ teaspoon kosher salt**
- **¼ teaspoon ground pepper**
- **Fresh cilantro for garnish**

1. Toast coriander seeds in a large saucepan over medium heat until fragrant, 3 to 5 minutes. Add garlic, lemongrass, lime leaves and 1 tablespoon oil. (Use caution, the oil may spatter.) Cook, stirring, for 30 seconds. Add beer, orange juice and brown sugar; bring to a boil over high heat. Cook, stirring occasionally, until thickened, 25 to 30 minutes. Strain; discard the solids. You should have about ⅓ cup sauce.

2. Meanwhile, preheat grill to medium-high.

3. Brush chicken with the remaining 1 tablespoon oil and sprinkle with salt and pepper. Grill the chicken, turning once, until an instant-read thermometer inserted in the thickest part without touching bone reaches 160°F, 15 to 20 minutes total. Brush with about half of the sauce and grill until caramelized in spots, about 2 minutes more.

4. Transfer the chicken to a platter and let rest for 5 minutes. Stir any accumulated juices from the platter into the remaining sauce and drizzle over the chicken. Sprinkle with cilantro, if desired.

SERVES 8: 1 thigh each

CAL 326 / **FAT** 18G (SAT 5G) / **CHOL** 130MG / **CARBS** 12G / **TOTAL SUGARS** 11G (ADDED 7G) / **PROTEIN** 23G / **FIBER** 0G / **SODIUM** 224MG / **POTASSIUM** 346MG.

BRIE PASSANO

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By KARA NEWMAN

Drinks You'll Remember

Bartenders call low-alcohol cocktails "session drinks": meaning they're ideal for sipping over the course of a long "session." Often wine (vermouth, fortified wines like sherry, sparklers like prosecco) is the star of the show, rounded out with smaller amounts of liqueurs or other spirits. These mellow, low-octane drinks are perfect for easing into the evening or enjoying leisurely over the course of a poolside afternoon.

Active: 5 min
Total: 5 min
Makes: 1 drink each
Nutrition Info:
Page 134

Basil Caipirioska

For a fresh twist on the caipirinha, trade cachaça, the fermented sugarcane liquor popular in Brazil, for white vermouth and vodka, and use basil instead of the usual mint.

Muddle 2 **lime wedges** and 3 fresh **basil** leaves with 1 tsp. **simple syrup** in a rocks glass. Add 1½ oz. **vermouth bianco,** ½ oz. **vodka** and **ice** to fill the glass. Stir to chill. Top with ½ cup **club soda.**

Pimm's Spritz

A cross between the hot-weather staple Pimm's cup and the effervescent spritz, this easy sipper relies on club soda for its festive fizz.

Muddle 1 thinly sliced **cucumber** with ½ tsp. **sugar** in a cocktail shaker. Add 1½ oz. **Pimm's No. 1 liqueur,** ½ oz. **lemon juice** and **ice.** Shake well, then strain into a Collins glass filled with fresh ice. Top with ⅓ cup **club soda** and stir to chill. Garnish with a **cucumber** slice, a **lemon slice** and fresh **mint,** if desired.

Bamboo Too

This variation on the classic Bamboo cocktail starts with two types of fortified wine—sherry and vermouth—then adds a slug of Campari for bright color and bitter edge. Opt for an aged dry sherry, like fino or manzanilla, for the best flavor.

Combine 1½ oz. each **dry sherry** and **dry vermouth** with ½ oz. **Campari** in a cocktail shaker. Add a few **ice** cubes. Stir until chilled, then strain into a coupe glass. Twist 1 strip of **orange peel** over the drink to squeeze out the essential oils, then garnish with it.

BLAINE MOATS

Sangria Fresca

8 oz Tito's Handmade Vodka

4 oz elderflower liqueur or grapefruit soda

1 750-ml bottle rosé wine

12 oz Fresca

1 whole lemon, cut into small wedges

1 whole lime, cut into half-wheels

4 cups fresh cut melon

Combine Tito's Handmade Vodka, rosé, and elderflower liqueur in a large jar or pitcher. Cut citrus and melons and add to liquid. Allow to sit, refrigerated and covered, for about four hours. Before serving, add ice and Fresca, and gently stir. Ladle sangria into punch cups or wine goblets, making sure that each portion receives some of the cut fruit as a garnish.

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Marcona almonds & assorted olives

Marinated Roasted Peppers
Toss sliced roasted bell peppers with extra-virgin olive oil, sherry vinegar and chopped parsley

Sparkling wine

PHOTO BLAINE MOATS

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Cider & Honey Kohlrabi Slaw with Radicchio

ACTIVE: 15 min **TOTAL:** 15 min

TO MAKE AHEAD: Refrigerate for up to 2 hours; top with sunflower seeds just before serving.

This crunchy confetti-color slaw is an exceptional accompaniment to grilled foods. To make it vegan, use agave in place of the honey.

- 2 medium kohlrabi (about 1¼ pounds), peeled
- 2 medium carrots
- 1 small head radicchio
- ¼ cup cider vinegar
- 3 tablespoons honey
- 1 teaspoon Dijon mustard
- ½ teaspoon celery seeds
- ½ teaspoon salt
- ½ teaspoon ground pepper
- 3 tablespoons extra-virgin olive oil
- 1 cup sauerkraut, drained
- ¼ cup roasted unsalted sunflower seeds

1. Use a box grater or a food processor fitted with a shredding disk to coarsely shred kohlrabi and carrots. Quarter radicchio lengthwise, core and thinly slice.
2. Whisk vinegar, honey, mustard, celery seeds, salt and pepper in a large bowl. Slowly whisk in oil until combined.
3. Add the kohlrabi, carrots, radicchio and sauerkraut to the bowl and toss well to combine. Sprinkle with sunflower seeds.

SERVES 8: about 1 cup each

CAL 122 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 13G / **TOTAL SUGARS** 9G (ADDED 6G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 298MG / **POTASSIUM** 308MG.

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Three Onion

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GET IT

Savory soy sauce in this salad dressing plays deliciously against the sweet tang of mangoes. Choose Kikkoman® Less Sodium Soy Sauce to keep the sodium in check.

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Crunchy Chicken & Mango Salad

ACTIVE: 20 min **TOTAL:** 20 min

This Asian-inspired dinner salad has terrific crunch, thanks to sugar snap peas and napa cabbage. Give the dressing a kick of heat by adding a bit of sambal oelek, an Indonesian hot sauce.

- ⅓ cup orange juice
- 3 tablespoons rice vinegar
- 3 tablespoons less-sodium soy sauce
- 1 tablespoon toasted sesame oil
- 2 teaspoons sambal oelek (optional)
- 6 cups thinly sliced napa cabbage
- 2 cups sugar snap peas, thinly sliced diagonally
- 2 cups shredded cooked chicken breast
- 1 medium mango, sliced
- ½ cup coarsely chopped fresh mint
- ¼ cup sliced scallions
- 2 tablespoons toasted sesame seeds

Whisk juice, vinegar, soy sauce, sesame oil and sambal oelek (if using) in a large bowl. Add cabbage, peas, chicken, mango, mint and scallions; toss gently to coat. Serve the salad sprinkled with sesame seeds.

SERVES 4: 2½ cups each

CAL 285 / **FAT** 9G (SAT 1G) / **CHOL** 60MG / **CARBS** 25G / **TOTAL SUGARS** 16G (ADDED 0G) / **PROTEIN** 27G / **FIBER** 5G / **SODIUM** 505MG / **POTASSIUM** 536MG. ♥

PHOTO BRIE PASSANO

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Peach-Blueberry-Coconut Trifle

ACTIVE: 30 min **TOTAL:** 4½ hrs (including 3 hrs chilling time)
TO MAKE AHEAD: Prepare cake (Steps 1-2) and store at room temperature for up to 1 day. Refrigerate trifle for up to 1 day.
Resist the urge to dig in until the trifle has chilled for at least a few hours—that time lets the flavors mingle and allows the cake to absorb the rum and fruit juices.

- **1¾ cups white whole-wheat flour**
- **½ cup sugar plus 1 tablespoon, divided**
- **1½ teaspoons baking powder**
- **½ teaspoon salt**
- **1 cup low-fat milk**
- **2 large eggs**
- **¼ cup melted coconut oil**
- **1 teaspoon coconut extract**
- **4 cups sliced peaches (about 1½ pounds)**
- **2 tablespoons dark rum**
- **1 cup heavy cream**
- **3 cups low-fat vanilla Greek yogurt**
- **2 cups fresh blueberries**
- **½ cup toasted coconut chips**
- **¼ cup toasted walnuts**

1. Preheat oven to 350°F. Coat a 9-by-13-inch baking pan with cooking spray.
2. Whisk flour, ½ cup sugar, baking powder and salt in a large bowl. Make a well in the center and add milk, eggs, oil and coconut extract; mix until just combined. Spread the batter evenly in the prepared pan. Bake until a toothpick inserted in the center comes out clean, about 20 minutes. Cool in the pan on a wire rack for 10 minutes. Gently run a knife around the cake and turn out onto the rack. Let cool completely.
3. Meanwhile, toss peaches with rum and the remaining 1 tablespoon sugar.
4. Whip cream in a medium bowl until soft peaks form. Fold in yogurt. Stir blueberries into the peach mixture. Cut the cake into 1-inch cubes. Alternate layers of cake, fruit and whipped cream in a trifle bowl or other large glass bowl. Sprinkle with coconut and nuts. Cover and refrigerate for 3 hours or overnight.

SERVES 16: 1 cup each

CAL 277 / **FAT** 14G (SAT 9G) / **CHOL** 43MG / **CARBS** 30G / **TOTAL SUGARS** 18G (ADDED 7G) / **PROTEIN** 9G / **FIBER** 3G / **SODIUM** 158MG / **POTASSIUM** 218MG.

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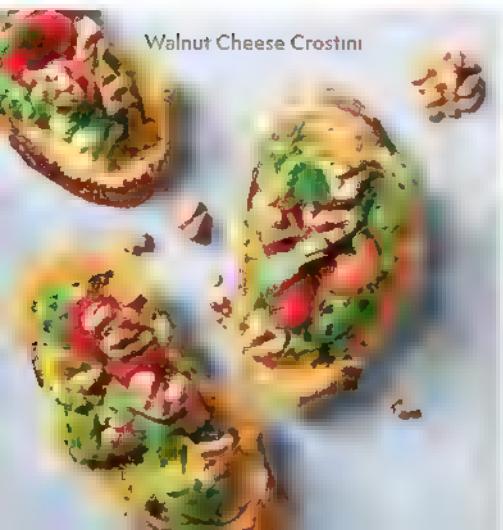

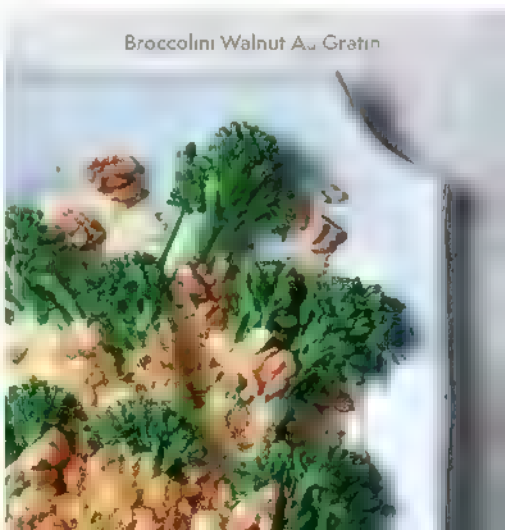

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Hello, Sunshine!

Have fun in the sun this summer—without fear of getting burned. Turn the page and learn about 3 foods that help safeguard your skin from UV damage, plus hot sunscreen tips.

By CHRISTINE YU

Eat to Beat Skin Cancer

One in five Americans will get skin cancer in their lifetime. Pair these foods with safe sun practices—sunscreen is a must!—for an extra layer of solar protection.

Sunscreen labels confuse about 75% of shoppers—and half don't know how to use it properly.

Caffeinate!

Kick back in your beach chair with a cold-brew coffee in hand. Drinking four cups of java a day may cut your risk of melanoma—the deadliest form of skin cancer—by 25 percent compared to forgoing coffee, according to a study in the *Journal of the National Cancer Institute*. And coffee may help prevent other types of skin cancer too. Scientists believe that the main benefit comes from the caffeine, which guards skin cells against sun damage and prevents them from turning cancerous. And animal studies have shown protective effects from several other components in coffee, including polyphenols.

Get Red Tomatoes (Not Red-Faced)

Use summer's abundance of this fruit to your advantage. A British study found that people were less susceptible to sunburn after eating ¼ cup of tomato sauce daily for 12 weeks. (Even one bad burn ups your risk for skin cancer.) Bonus: The sauce was made with olive oil, which may help your body absorb more of the beneficial carotenoids. These natural compounds that give tomatoes their red glow also protect the plant from the sun's harsh rays. Researchers suspect eating them may have a similar effect on our own skin. Plus, recent research in mice suggests that eating a serving of tomatoes daily slashes nonmelanoma skin cancer rates by half.

Head to the C

Vitamin C isn't just for fending off colds. UV rays produce free radicals—unstable compounds in your body that can damage the DNA in skin cells, leading to skin cancer. Vitamin C, however, neutralizes those free radicals. German researchers found that people who got 180 mg per day of this nutrient (the amount in half a large yellow bell pepper or 2 cups of strawberries) improved their skin's free-radical scavenging activity by 37 percent. And in existing cases of melanoma, studies have found that vitamin C may slow tumor growth.

Sunscreen Smarts

Apply it right. Most docs recommend lotion over sprays (It's harder to get adequate, consistent coverage with a spray, especially outdoors on a windy beach. Still, it's better than nothing!) Use about an ounce (almost a golf-ball-size amount) and reapply after two hours or right after swimming. Pro tip: Put sunblock on at home before you pull your swimsuit on so you don't forget everything.

Hit the SPF sweet spot. Most people under-apply sunscreen, cutting its effectiveness in *half*, so go with an SPF of at least 30. But know that grabbing the 150 isn't necessarily better. SPFs over 50 offer only marginally more sun protection than those in the 30 to 50 range, and experts say a high SPF can lull you into a false sense of security, so you use less.

Pick water-resistant, even if you're not swimming, to prevent sweat from washing it off.

Check the expiration date. The active ingredients degrade over time, making old products less effective.

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Nat Bradford (*left*) shows off his family's namesake watermelon, which is recognized on Slow Food U.S.A.'s Ark of Taste. This list celebrates endangered heirlooms.

Bringing Back the Bradford

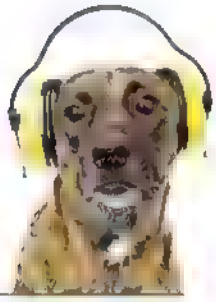
What's more refreshing in summer than watermelon? A Bradford one—a variety that, until recently, was thought to be extinct.

Over 175 years ago, the Bradford family began cultivating melons in Sumter, South Carolina. Their breed was so prized for its sweetness and crisp texture that armed guards once protected the crops from thieves. However, its thin skin wasn't suitable for shipping. When railroads began hauling produce in the early 1900s, thicker-skinned varieties took the spotlight and the Bradford all but disappeared. Then, in 2012, food historians learned the Bradford family had continued growing the fruit the whole time.

When word got out that the Bradford still existed, South Carolina farmer Nat Bradford expanded his patch to meet the demand. He also used the melon's popularity to help give back. He established Watermelons for Water, a philanthropic effort that drills wells in areas of Bolivia and Tanzania where access to safe, fresh water is in short supply. Plus, the organization donates Bradford seeds to families there, who grow the drought- and disease-tolerant fruit as an additional source of hydration. "The watermelons take contaminated water and filter it naturally through their roots, storing the clean water in the fruit," Nat explains. "Just one of our melons provides more than 4 gallons of purified water."

The Bradford still can't be shipped, so a trip to South Carolina in August is the only way to score one. You can, however, buy homemade pickled watermelon rinds, molasses and brandy, plus Bradford seeds, online at *bradfordwatermelons.com*.

— Libby Swope Wiersema



PET HEALTH

How can I keep my pet calm and safe on the Fourth of July?

More pet emergencies happen on this holiday than any other time of year. Here, ways to help your dog cope with the festivities.

Triple-check your doors and fences. Fireworks spook a lot of dogs, who may try to escape, thinking they're under attack. In fact, the Fourth is the most common day for pets to get out (and be hit by cars). Shore up potential exits. And if your pet normally sleeps outside, bring him in.

Create a safe space. Keep one room as soundproof as possible. Add familiar bedding, air conditioning and access to water. Try playing low, soothing music too. Fun fact: Research shows dogs prefer reggae and soft rock.

Talk with your vet. She can offer training tips or determine if anxiety-reducing meds are appropriate. There are also supplements and vet-prescribed diets made with casein, ginger or L-theanine that may lower stress.

Try a thunder vest. These wrap-around jackets can reduce anxiety in dogs with their gentle, constant pressure (as swaddling soothes babies). A surprising number of people try to make their own—don't. If your pet panics, a homemade shirt could strangle him if he struggles to get out of it.

Watch your food. July Fourth food is a big safety issue. High-fat burgers can cause pancreatitis, chicken bones and corncobs could get lodged in intestines. And no owner wants a kebab skewer to get stuck in their best friend's mouth. Keep dogs away from the food and use trash bins that latch shut.

Deborah E. Linder, D.V.M., M.S., D.A.C.V.N., *petfoodology.org*

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Start Snacking Right

These simple choices make the bites you have between meals work for—not against—you. *By Cindy Kuzma*

1 Game the snacking system. Hungry? Snack away! But just craving something? *That* you can satisfy by playing a game that alters your mindset. One called FoodT (online at *exeter.ac.uk/foodt*) is particularly effective, saving participants 200 calories a day when played four times a week. The game pairs nutritious snacks with green symbols and foods that are treats—say, cake—with red ones. This teaches the brain that cake means "stop," not "go," making it easier to turn it down in real life. Need a faster fix? Other research shows that occupying your mind with a video game (especially one with a strong visual component, like Bejeweled) for just three minutes weakens cravings when a hankering hits.

2 Pick foods with staying power. Refined carbs like cookies won't sustain you. (In fact, they can *increase* your appetite!) Try going for spicy snacks seasoned with chile pepper. The compound that brings the heat (capsaicin) may also suppress hunger. Or pick yogurt, which is packed with satiating protein. Plus, dairy products have been shown to boost levels of hormones associated with fullness. Think texture too. The more complex the mouthfeel of a snack, the less you'll eat at your next meal—so a yogurt-and-fruit bowl topped with crunchy nuts outperforms a one-note smoothie.

3 Ignore "healthy" claims—and decide for *yourself* if a snack is healthy. Letting clever marketing sway you could impact your food choices later on. When study participants sipped a sugary shake labeled "healthy," they ate more potato chips later than those who had the same drink labeled "indulgent." When you think a food is good for you, you subconsciously lower your defenses the next time you eat. Sure, the setup was sneaky—but so is the snack aisle. Phrases like "all natural" and "high protein" often don't tell the full story. Face the snack facts by flipping the package and scrutinizing the nutrition label.

TASTE

Hot Snacks

We taste-tested over 100 of the latest healthy snacks. Here are our faves. *—Lucy M. Casale*

Pressed by Kind
Imagine chocolate-covered strawberries, only in portable bar form. This tangy-sweet snack—made with strawberries, apples and cherries—packs a full serving of fruit with a mere 1 gram of added sugar.

Vital Farms Hard-Boiled Eggs
Grab-and-go hard-boiled eggs may not be new, but given that these come from certified humane, pasture-raised hens, they're not your standard convenience-store variety.

Blue Diamond Crafted Gourmet Almonds
Nutrition & features editor Shaun Dreisbach couldn't tell the difference between these rosemary-&-sea-salt nuts and her DIY version. And it's much faster: Open bag. Serve. Done!

Crunch-a-Mame Organic Edamame Puffs
Crunchy? Check. Cheesy? Check. Plus, these puffed soybeans boast 7 grams of protein and only 150 calories per cup. "Unbelievable!" raved senior food editor Carolyn Malcoun.

Siggi's Simple Sides
Tip the fig and walnut combo into Siggi's creamy, whole-milk honey yogurt for a satisfying snack that keeps the sugar in check. Similar mix-in products can have nearly twice the amount of added sugar.

Garden of Eatin' Organic Blue Corn Chips
These have that classic corn-chip taste (and signature curly C shape), but they're made with organic blue corn and have more fiber and one-third less sodium than their counterparts.

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Crushing Sugar Cravings in the Age of Unicorn Milk

Getting more sleep tonight may help you keep your fork out of the tiramisù tomorrow. In people who normally snagged less than seven hours of zzz's per night, getting an extra 45 minutes of sleep helped them slash their sugar intake the next day by nearly 10 grams (that's 2½ teaspoons of sugar) compared with those who didn't up their snooze time, according to a study published in the *American Journal of Clinical Nutrition*. Sleep-deprived brains get stronger reward signals from junk food than well-rested ones, possibly driving you to reach for less-nutritious fare.

The real reason you want *another* doughnut with your coffee: the coffee! Cornell University researchers found that people who drank moderately sweetened, caffeinated coffee rated their drink as less sweet compared to those who sipped the decaf version containing the same amount of sugar. Caffeine appears to blunt your sweet taste receptors, meaning you need more sugar for food to register as sweet. Don't worry, you don't have to give up your a.m. java. Instead, pair your coffee with something savory, like a whole-wheat bagel with veggie cream cheese, and save your sweet treat for later in the day—when you can better enjoy it.

Seriously: When Rush University researchers rigged a vending machine with a 25-second delay for less-healthy snacks, people were more likely to pick healthier items (those containing less than 10 grams of sugar). Immediate gratification can overwhelm willpower, but even a small pause seems to strengthen your resolve to make healthier choices. When a craving hits, see if waiting half a minute helps you choose a less-sugary snack.

The Scoop on Artificial Sweeteners

Like sugar, artificial sweeteners tickle taste receptors, which fire reward signals in your brain that drive you toward sweet foods. But the fake stuff may stoke these cravings even *more* than sugar. In a USDA study, adults were given either a beverage sweetened with sugar or one with the artificial sweetener sucralose with their lunch. Hours later, participants could play a slot machine–like game for either sweet or savory snacks. The people in the sucralose group worked harder to earn sweet treats than those who had consumed regular sugar (they played equally for sweet and savory snacks). When the brain detects sweetness but doesn't get the calories it expects, it seems to respond by seeking out those calories later, making sweet cravings stronger.

After six days of no added sweeteners, 87% of study participants stopped craving sugar.
Source: The Permanente Journal

Opting for artificial sweeteners to lose weight? It may backfire. A review of aspartame and sucralose studies concluded that calorie-free sweeteners did not lead to weight loss. If anything, they found the opposite—fake sugars were associated with *increased* weight and waist circumference. New research looking at the cells of obese humans suggests that sucralose may promote fat accumulation. And other studies have found that no-cal sweeteners can damage your microbiome and insulin function.

What about natural alternatives like stevia and monk fruit? "Preliminary studies suggest that they might be better, but there's just not enough long-term data," says David L. Katz, M.D., M.P.H., director of the Yale University Prevention Research Center. "The jury is still out."

The big-picture solution: Reset your taste buds. Research shows that cutting out added sweeteners—real or fake—for just two weeks makes even mildly sweet foods taste much sweeter. Consider your sweet tooth conquered!

+ **NO-ADDED-SUGAR DESSERTS** Find healthy ways to indulge your sweet tooth at eatingwell.com/recipes

Who Knew? Your Microbiome Loves Exercise!

Give your gut a workout and no, this isn't about getting a six-pack. We're talking about the bacteria that inhabit your digestive system (aka the microbiome). A new study published in the journal *Medicine & Science in Sports & Exercise* suggests that working out may help more varieties of good bugs to flourish. After six weeks of exercising three days a week—starting at 30 minutes a day and working up to an hour—previously sedentary adults had increases in the gut bacteria that produce short-chain fatty acids, compounds that are linked to reduced inflammation and improved blood sugar control. (And this happened without any dietary changes.) What's more, when participants reverted back to their couch-potato ways, their microbiomes shifted back too.

Researchers speculate that one way exercise may impact gut bacteria is by increasing motility—or speeding up how quickly food makes its way through your intestines. Different transit times create environments that can favor certain bugs over others. So getting a move on may make your good gut bugs happy by helping your digestive system (ahem) get a move on.

Julia Westbrook

30-Day HEALTHY GUT Challenge

Get your gut in shape at eatingwell.com/webextra

YOU ASKED

I'm obsessed with cheese. Tell me it's good for me!

We get it. We're *fromage* fans, too—and it can be confusing. Cheese provides high-quality protein and hard-to-get nutrients like calcium and potassium, but it's also high in saturated fat and calories. We have good news, though: recent studies suggest that cheese may not be the artery-clogging villain it's been made out to be. A *European Journal of Nutrition* analysis of 15 studies found that people who ate a little over an ounce of cheese a day were 14% less likely to develop cardiovascular disease and 10% less prone to have a stroke.

The study authors suggest that the probiotics in cheese cultures may offset the cholesterol-raising potential of its saturated fat. Cheese is also rich in conjugated linoleic acid, a fat found in dairy products that's known to decrease inflammation linked to heart disease. (It's worth noting that this analysis and many of the studies it reviewed were funded by dairy companies.)

Still, a different analysis of 29 studies found that cheese didn't affect the risk of heart disease or stroke one way or the other. So even if cheese may not be protective, it may not be bad for you, either.

That said, stack it up against the healthy fats in nuts or the protein in beans, and cheese is not your most heart-friendly choice. It's totally reasonable, though, to enjoy an ounce of cheese a day. (Most of us eat closer to twice this amount—Americans' average intake is more than 38 pounds a year.)

Bottom line: Savor your favorite cheese, but don't go *queso* crazy. Leave room for plenty of healthy plant-based foods.

—Karen Ansel, M.S., R.D.N.

THE TRUTH METER
Hydration Edition

WATER CAN CURE WEIRD SYMPTOMS

Not feeling great? Your body could be telling you to drink up. Dehydration is linked to all sorts of conditions, including headaches, nausea, constipation and decreased cognition.

WATER IS GOOD FOR YOUR SKIN

Two studies found that drinking an extra liter or two of water can improve skin hydration. Preliminary, but promising. (And there are few downsides to sipping more *agua*.)

ALKALINE WATER IS MORE HYDRATING

The few studies saying alkaline water is better because it's basic (the opposite of an acid, regular H_2O is neutral) were funded by alkaline-water companies and deeply flawed. *—J.W.*

+ SAY CHEESE! Check out our healthy recipes for cheese lovers at eatingwell.com/webextra

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(omega-3)

SESAME
(omega-6)

SUNFLOWER
(omega-6)

COCONUT
(omega-9)

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FLORA

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Lab-Grown Meat: Good or Gross?

Proponents say it's more sustainable, but does a steak straight from a petri dish sound yummy to you?

"Fifty years hence, we shall escape the absurdity of growing a whole chicken in order to eat the breast or wing by growing these parts separately under a suitable medium." Winston Churchill's 1931 forecast is the logic behind lab-grown meat (also called clean meat, in vitro meat and petri meat). Yep, the meat shown here was grown in a lab from cell cultures—without raising or slaughtering an actual animal. Several companies are racing to bring lab-grown beef, poultry and fish to market (many trying to hit the shelves by the end of 2018), bringing up many questions. There are still a lot of unknowns—like how it's even going to be regulated—but we asked experts for their insight on four key aspects of lab-grown meat.

HEALTH

Frank Hu, M.D., Ph.D.

Professor and chair of the Department of Nutrition at Harvard T.H. Chan School of Public Health

Are there health concerns about eating this meat?

It's too soon to know, but we need to be vigilant about the potential effects. We learned the lesson from trans fat. It was promoted as a healthier alternative to animal fat because the products were made from vegetable oils. But we now know that partially hydrogenating them made them dangerous for your health. When you play with something on a cellular level, there's a chance for something to go wrong.

Will the nutrition be the same?

We'll have to do a detailed

(continued on next page)

SUSTAINABILITY

Paul Shapiro

Author of *Clean Meat* and former spokesperson and vice president for The Humane Society of the United States

Is cultured meat more sustainable?

Clean meat is better for the planet than raising and slaughtering animals, whether conventional, grass-fed or free-range. When you're raising an entire animal, you have to input all these resources to grow a lot of things that don't end up getting eaten—horns, eyeballs, hooves, brains. When you're growing meat in a lab, you're only creating the calories you need. The resource conservation that occurs in this process is quite promising. It's also likely a better alternative to fishing,

(continued on next page)

MARKET IMPACT

Renske Lynde

Co-founder and managing director of Food System 6, a nonprofit accelerator and think tank for innovative food startups

Is there a market for lab-grown meat?

Consumers aren't accepting of these products. In a recent survey, 2 in 3 people were willing to try lab-grown meat once, yet only 1 in 3 said they'd eat it regularly. And price matters: over 80 percent of consumers would not pay more for cultured meat. With all the R&D required, clean meat is expensive, but if it can eventually achieve price parity, then the real question is going to be about comfort level.

So, why all the buzz?

There's a "silver bullet" aspect

(continued on next page)

DELICIOUSNESS

Erica Holland-Toll

Executive chef of the Stanford Flavor Lab, Stanford University, and former Napa Valley/San Francisco restaurant chef

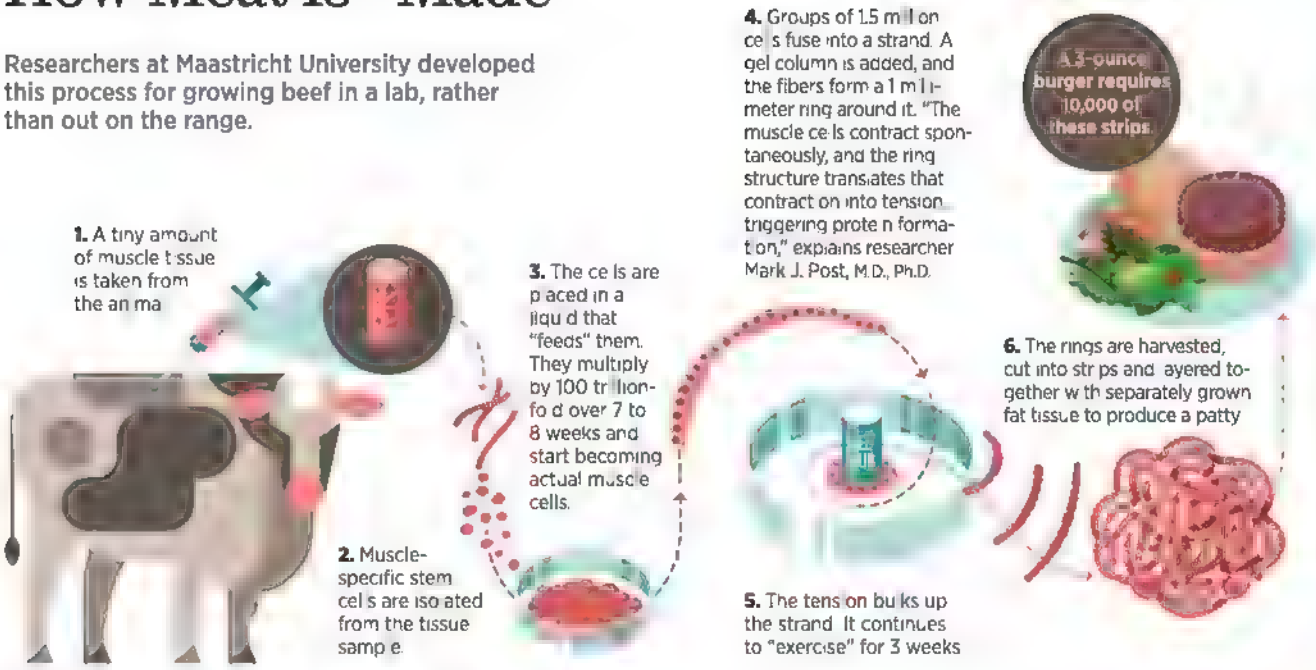
How will lab-grown meats compare in terms of flavor profile and texture?

The only people who I think have tasted it so far are in the lab-grown-meat industry. But I would imagine that it will offer a lot of consistency similar to, say, hothouse tomatoes. It's a recipe, essentially—it's not going to change. And that has upsides and downsides. My hope is that they put thought into what it tastes like, like "this is what people want from chicken." But it's not going to deliver any terroir. Personally, I can't imagine that anything is

(continued on next page)

How Meat Is "Made"

Researchers at Maastricht University developed this process for growing beef in a lab, rather than out on the range.


1. A tiny amount of muscle tissue is taken from the animal
2. Muscle-specific stem cells are isolated from the tissue sample.
3. The cells are placed in a liquid that "feeds" them. They multiply by 100 trillion-fold over 7 to 8 weeks and start becoming actual muscle cells.
4. Groups of 1.5 million cells fuse into a strand. A gel column is added, and the fibers form a 1 millimeter ring around it. "The muscle cells contract spontaneously, and the ring structure translates that contract on into tension, triggering protein formation," explains researcher Mark J. Post, M.D., Ph.D.
5. The tension bulks up the strand. It continues to "exercise" for 3 weeks
6. The rings are harvested, cut into strips and layered together with separately grown fat tissue to produce a patty
A 3-ounce burger requires 10,000 of these strips.

HEALTH

(continued from previous page)

analysis to know the exact nutrient composition of cultured meats—like iron, cholesterol, protein and fat content. In the case of red meat, for example, traditional beef has relatively high amounts of fat. It's good to limit saturated fat, but some of the unsaturated fats in meat are beneficial. But we do know that the cells used to grow lab meat do not grow fat cells, so it has to be added in. While lab-meat producers can control the fat profiles, it's unclear to me whether modifying them can lead to better or worse health outcomes. And we still don't know if it's the saturated fat, or something else in red meat, that causes adverse health effects.

Are there fewer food-safety concerns?

Yes. Bacteria like *Salmonella* and *E. coli* live in the guts of animals and can be transmitted through fecal contamination, which poses food-safety issues for regular meat production and consumption. Cultured meat should then be safer because it is produced in a controlled environment.

Your verdict? Too soon to tell.

SUSTAINABILITY

(continued from previous page)

particularly for overfished populations. Admittedly, there isn't a lot of research quantifying the environmental impact, but one early study done at Oxford on lab-grown meat showed some astounding results—suggesting it uses up to 96 percent less water and 99 percent less land and produces up to 96 percent less greenhouse gas.

Don't the labs require a lot of energy?

That is a concern. You have to keep the cells at body temperature, requiring constant heat. But while more energy is required for some meats, it still produces far fewer greenhouse gases *overall* than our current animal-production system. And there's an even bigger advantage to doing cold-blooded animals like fish, which need far less energy because their cells are more accustomed to colder temperatures than those from cows or chickens.

Would lab-grown meat remove the conscience concerns of an omnivore?

Yes. I would call it a no-brainer—literally.

Your verdict? Thumbs up.

MARKET IMPACT

(continued from previous page)

from some investors who feel like tech will rule over all other solutions to climate concerns. They feel clean meat is one simple answer to saving the world. It's why we even see big meat companies—like Tyson—investing in this. The realities are much more complex. Add to this the fact that a lion's share of funding is coming from the "vegan mafia"—who have one singular goal around eliminating animal meat—and you have a bit of the reason why there's investment when there might not actually be consumer demand.

What could the industry shifts look like to Big Ag and small-scale ranchers?

In vitro meat is so far away from even being available at scale that it's not a threat to Big Meat. On the smaller-scale production side, if the research bears out that grass-fed systems are actually climate beneficial—meaning they sequester carbon in the soil the animals roam on—then that would make the environmental arguments for "clean meat" moot and the eco-conscious shopper isn't going to buy it.

Your verdict? Thumbs down.

DELICIOUSNESS

(continued from previous page)

going to taste as good as a firm, meaty, pasture-raised chicken that has lived outdoors and eaten bugs and fresh produce remnants. I think the food world has offered up plenty of examples to back me up here: farmed shrimp, imitation crab, December strawberries.

Any potential upsides?

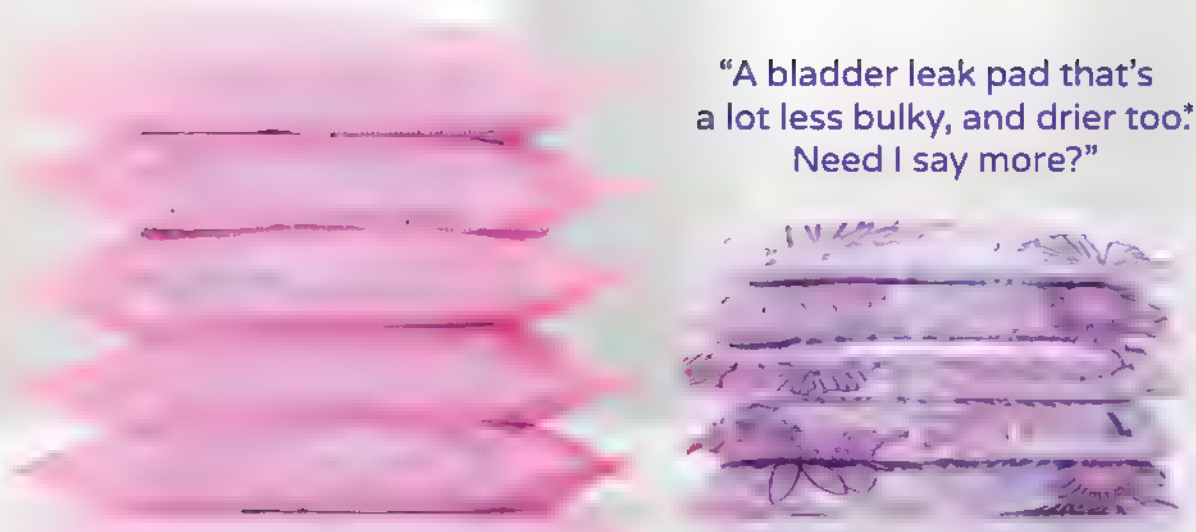
There is so much waste that happens through normal cooking. How cool would it be if you could buy the perfect 4-ounce cutlet, perfectly shaped and even all the way through? No trimming, no pounding. I think people would get behind the convenience of that.

How do we address the ick factor?

We have been primed to accept change in our food systems for a while now. We've already gotten over our ick factor with hot dogs, farmed salmon engineered to be a certain color and grow faster—the list goes on and on. For better or worse, these are all gateways to the acceptance of lab-grown meat.

Your verdict? Too soon to tell.

"A bladder leak pad that's
a lot less bulky, and drier too.*
Need I say more?"



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Always Discreet. For bladder leaks.

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GOYA® Adobo, the perfect seasoning for Real-Life Chefs

Grilled Shrimp Tostadas with Black Bean Salsa

Serves: **12** | Prep time: **20 min.** | Total time: **40 min.**

Tostada Ingredients:

- 2 **GOYA® Ancho Chiles**, stemmed and seeded
- 3 tbsp. **GOYA® Lemon Juice**
- 2 tbsp. **GOYA® Vegetable Oil**
- 1 tsp. **GOYA® Adobo with Pepper**
- ½ tsp. **GOYA® Ground Cumin**
- 1 tsp. **GOYA® Minced Garlic**
- ½ tsp. **GOYA® Oregano Leaves**
- 1 ½ lbs. medium shrimp, peeled and deveined
- **GOYA® Corn Oil**, for frying
- 12 **GOYA® Corn Tortillas**
- 1 can (16 oz.) **GOYA® Traditional Refried Beans**
- Lime wedges, for garnish

Salsa Ingredients:

- 1 can (15.5 oz.) **GOYA® Black Beans**, drained and rinsed
- 1 medium tomato, seeded and diced
- 1 small red onion, finely chopped
- 1 tbsp. chopped cilantro
- 1 tsp. **GOYA® Adobo with Pepper**
- 1 tsp. **GOYA® Lemon Juice**
- 1 tbsp. **GOYA® Extra Virgin Olive Oil**

For step-by-step instructions, visit goya.com/shrimptostadas

If it's **GOYA** *...it has to be good!*

Battle: Moussaka

Butter-loving Southerner marries into the Mediterranean diet. Culinary calamity ensues.

When my first-generation Greek-American husband left Manhattan to meet my parents in Alabama for the first time, he brought them a bottle of olive oil. Yes, this was before the TSA confiscated breast milk and cough syrup. My husband carried the bottle onto the plane with the ease that a drum major leads a parade with a baton. The bottle was glass, the cap sealed with wax. The fancy grocery where he'd bought it had tied a ribbon around the neck.

Mama cooed and made a big to-do over the olive oil, as if it were an Oscar or a lava lamp. She set it on the kitchen counter in a place of honor: by the Crock-Pot. When my husband returned two years later, he found his gift unopened and unmoved.

"Mrs. Ellis," he asked, "don't you like it?"

"Oh, I love it!" Mama said. She had dusted it, but it had never occurred to her to use it.

Southern ladies cook with *butter*. If we don't have four sticks in the fridge, we don't have enough butter. Until I moved to New York City in 1992, I'd never heard of olive oil. If asked, I'd have guessed it was something you smeared on your face at night to prevent wrinkles. Or maybe it was a newfangled fuel for flying cars.

When I got married in 2001, I wanted to be a good wife. And being a good wife, to me, meant trying out the recipes my husband's *yiayia* used to make. I'd been an A student and was raised with the mantra: If you can read, you can cook. But like any beginning reader, I shouldn't have started with moussaka, the national dish of Greece and the recipe equivalent of translating *War and Peace*.

Moussaka is like lasagna: there's ground beef and layers. But, instead of noodles, there are eggplants, which you have to disassemble, then slice so thinly that they could slide under a microscope lens. Take your eyes off them while they're under the broiler and they'll wind up soggy or incinerated. Not to mention you have to make your own breadcrumbs. To boot: there's a white sauce—or béchamel. Béchamel, I'm pretty sure, is French for carpal tunnel syndrome. Some wives don't do windows; I don't béchamel. I don't have the stamina or the upper-arm strength. But I gave it a whirl (or more aptly: a thousand whisks), and presented my husband with a moussaka that was somehow both crunchy and rubber-like, with a hint of nutmeg as subtle as a NBA referee's whistle in church.

We are married 16 years now because he ate that then. And I've become a better cook because I've learned that, like a great marriage, a great recipe doesn't have to be a lot of work.

My specialty, *keftedakia*, are Greek meatballs, garnished with lemon wedges and eaten without sauce. They are a far cry from what I grew up with: meatballs on top of Ragú on top of spaghetti, or the Swedish variety, simmered with a can of Campbell's cream of mushroom soup. Both of these are delicious, by the way, but Greek meatballs are light and fluffy, which, to me, translates to healthy. Plus, there's fresh parsley in them and that *there* is a vegetable. My husband loves them so much he cut the word *keftedakia* out of our Krinos Foods promotional cookbook and taped it, vision-board-style, to a homemade Valentine.

Nowadays, there is always an open bottle of olive oil in my kitchen because olive oil greased the gateway to my adventurous cooking (although my husband would beg to differ because, until he met me, he'd never seen blood-red aspic chockablock with mini marshmallows and fruit cubes, better known as Jell-O salad).

Olive oil is in everything Greek. It fries the meatballs. It's half the salad dressing. It's poured into a shallow dish on dining tables and folks dip bread in it like, when I was a secretary, I dipped postage stamps on a sponge. Plus, it's part of the American Medical Association-approved Mediterranean diet. Doctors say it reduces cholesterol and your chances of stroke. My husband's *yiayia* is proof: she lived to 92. Plus, it does wonders for my cuticles. And as my husband reminds me: it's good for our hearts.

HELEN ELLIS *is the author of the short story collection* American Housewife. *She tweets every day* @WhatIDoAllDay

VIVIAN'S PICKLING PARTY

IS YOUR GARDEN SPROUTING VEGGIES FASTER THAN YOU CAN PICK THEM? COMING HOME WITH TOO MANY MUST HAVE FARMERS' MARKET FINDS? GRAB YOUR FRIENDS AND START PICKLING.

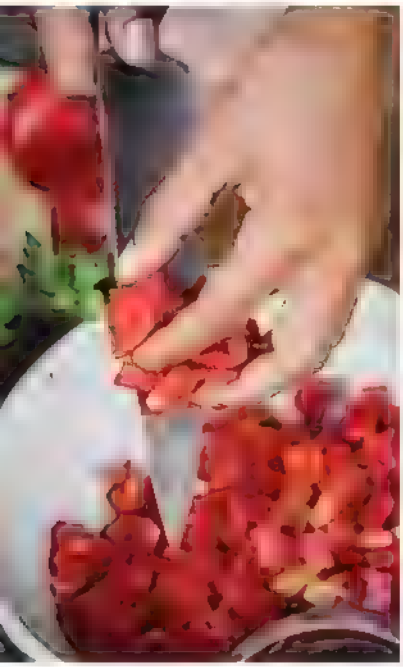
I've always been a big partier, but at age 40 you won't find me doing keg stands. Instead, my last several gatherings have been in the name of food preservation. Sounds strange I know, but I'm a produce hoarder who preserves every fruit or vegetable I can stuff in a jar. It's a time-consuming hobby that goes a lot faster if you have lots of hands on deck. So to satisfy both my obsession with pickling and my love for entertaining, I throw pickling parties. At the end of it all, everybody goes home with jars of tangy jewels. In other words, pickling parties are better than other parties because they produce more than just hangovers.

But it didn't always occur to me that this was the best way to do my pickling. For the past five years, I've explored quintessential Southern ingredients on my TV show *A Chef's Life*. To tell each story, I learn from growers, producers and cooks about traditional ways to use an ingredient. Then I take what I've learned and apply it to dishes for my restaurants in Kinston, North Carolina. I've

BY VIVIAN HOWARD
PHOTOGRAPHY BY HELEN NORMAN

Vivian Howard *(center)* toasts a successful afternoon of pickling. Her canning crew *(from left to right)* includes Ashleigh Martin, Vivian's sister Johna Casey, and mother-daughter duo Madison and Louise Mauck.

I'M A PRODUCE HOARDER WHO PRESERVES EVERY FRUIT OR VEGETABLE I CAN STUFF IN A JAR



seen that making pork cracklings is tedious. I've cut my finger in the process of learning the best way to dice a rutabaga. I've noticed that growing just about anything requires both patience and faith. But the most important nugget I've harvested is that people used to do a lot more stuff together as a means to get food on the table. Instead of buying a jar of relish at the supermarket, small groups of friends or relatives used to spend a day dicing, brining, pickling and packing once humble, now transformed, cucumbers into jars.

This is where the pickling parties came in. I wanted to emulate this experience and since I don't technically need to can tomatoes or make pickles, I decided to throw parties around it. I invite friends, family and co-workers over. I do the shopping, provide the recipes and set the stage. I ask my guests to bring drinks, snacks, aprons and jars. We start early, peeling, chopping and trimming vegetables over coffee. I throw together a salad for lunch and set out a pickle plate with cheese and charcuterie for a late-afternoon snack. We chat as we chop. And when all the jars are sealed and the kitchen tidied, each guest heads home with an arsenal of bright garnishes for bowls of beans, Bloody Marys and sandwiches. My hope, though, is that my pickling parties represent more than a shared task made easy by many hands. Fingers crossed we remember them for the ideas we exchange, the techniques we learn and friendships we nurture whether we need pickles or not. And of course, we need pickles!

CHEF VIVIAN HOWARD
is a James Beard Award winner for her TV show A Chef's Life. *She owns two restaurants in Kinston and one in Wilmington, North Carolina.*

oduce at peak ripeness makes the best-tasting pickles. Be sure any dried herbs and spices you use to spike your brine are fresh as well; if they've been in your cupboard more than two years, put them in the compost rather than in your pickles.

For Vivian's pickling parties everyone works together around a big wooden table at the modern farmhouse she and her husband, Ben, built in her hometown, Deep Run, North Carolina. Since she's a chef she knows the importance of being prepared, so she provides plenty of cutting boards, knives, dish towels and prep bowls. To get organized for your own pickling party, turn to page 84.

plant your plate

Most garden veggies can be pickled. Use these recipes or, for more ways to serve up the harvest, visit *eatingwell.com/plantyourplate*

Bloody Mary Garnishes by the Jar

ACTIVE: 30 min **TOTAL:** 1 day (including chilling time but not canning)
TO MAKE AHEAD: Refrigerate for up to 1 month. If canned, store at room temperature for up to 1 year **EQUIPMENT:** 4 quart-size (32 oz.) canning jars with lids

"Hair of the dog" is a tried-and-true treatment for those droopy-eyed mornings, but spike your Bloody Mary with a lively jumble of cider vinegar pickles for a real cure-all that will open those eyes. Green cherry tomatoes are especially fun in this mix because they end up looking like green olives

- **3 cups cherry tomatoes (about 1 pound)**
- **8 sprigs fresh dill**
- **4 bay leaves**
- **4 cloves garlic, smashed**
- **1 tablespoon celery seed**
- **1 tablespoon mustard seed**
- **8 mini sweet bell peppers**
- **3 cups small okra (about 8 ounces)**
- **2 cups baby carrots (about 8 ounces)**
- **4 small pickling cucumbers, quartered**
- **4 small fresh cayenne peppers *or* Thai chiles**
- **5 cups cider vinegar**
- **3 cups water**
- **3 tablespoons kosher salt**

1. Pierce tomatoes with the tip of a sharp knife. Divide dill, bay leaves, garlic, celery seed and mustard seed among 4 sterilized quart-size jars. *(See page 84 for instructions.)* Divide the tomatoes, bell peppers, okra, carrots, cucumbers and hot peppers among the jars.

2. Combine vinegar, water and salt in a large saucepan. Cover and bring to a boil over high heat. Reduce heat and simmer, uncovered, for 5 minutes.

3. Carefully ladle the vinegar mixture into the jars, leaving about ½ inch of headspace. Wipe the rims with a clean cloth. Place lids and rings on the jars. Twist until just finger-tight (won't move with gentle finger pressure), but don't overtighten. If canning, process in a hot water bath for 10 minutes. *(See page 84 for canning instructions.)* Otherwise, let cool to room temperature and refrigerate for at least 24 hours before serving

MAKES: 4 quarts (10 servings per qt., ¼ cup each)
CAL 10 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 2G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 0G / **FIBER** 1G / **SODIUM** 60MG / **POTASSIUM** 85MG

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Corn & Fennel Chow Chow

ACTIVE: 1 hr **TOTAL:** 4 hrs (ncluding 2 hrs standing time but not canning time)
TO MAKE AHEAD: Refrigerate for up to 2 weeks. If canned, store at room temperature for up to 1 year **EQUIPMENT:** 5 quart-s ze (32 oz.) canning jars with lids

Generously spoon this sunshine-hued relish over anything that needs a hit of brightness, including but not limited to, burgers, hot dogs, pizza pulled pork sandwiches, grilled vegetables, salads or even a cheese plate. No green tomatoes? Firm red tomatoes are a fine substitute

- **8 cups finely chopped green cabbage (about ½ medium head)**
- **6 cups diced green tomatoes (about 2 pounds)**
- **4 cups fresh corn (from 5-6 ears)**
- **3 cups diced yellow onions (about 1 pound)**
- **2 cups finely chopped fennel, both bulb and stalks (about ½ large)**
- **2 cups diced red bell peppers (about 12 ounces)**
- **¼ cup kosher salt**
- **4½ cups cider vinegar**
- **4½ cups rice vinegar**
- **1¼ cups sugar**
- **2 star anise pods**
- **1½ tablespoons coriander seeds**
- **1 tablespoon fennel seeds**
- **1 tablespoon dry mustard**
- **1 tablespoon ground turmeric**
- **1 teaspoon crushed red pepper**

1. Comb ne cabbage, tomatoes, corn, onions, fennel, bell peppers and salt in a large bow . Let stand at room temperature for at least 2 hours or cover and refrigerate overn ght.
2. Drain off any accumulated liquid and transfer the vegetables to a large pot. Add c der v negar, r ce vinegar, sugar, star an se, coriander seeds, fennel seeds, mustard, turmeric and crushed red pepper. Bring to a bo.l over high heat, then reduce heat to ma ntain a simmer. Cook until the vegetables are softened, about 20 minutes.
3. Ladle into 5 steri zed quart-s ze jars. *(See page 84 for instructions.)* Leave about ½ inch of headspace. W pe the rims with a clean cloth P.ace l ds and rings on the jars. Twist until just finger-tight (won't move w.th gentle finger pressure), but don't overt ghten. If canning process in a hot water bath for 10 minutes. *(See page 84 for canning instructions.)* Otherw.se, let cool to room temperature and refrigerate
MAKES: 5 quarts (15 servings per qt., ¼ cup each)
CAL 53 / **FAT** 0G (SAT 0G) / **CHOL** 0MG / **CARBS** 12G / **TOTAL SUGARS** 10G (ADDED 3G) / **PROTEIN** 1G / **FIBER** 1G / **SODIUM** 330MG / **POTASSIUM** 94MG.

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INTRODUCING

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Pea Helper

ACTIVE: 50 min **TOTAL:** 3¼ hrs (not including canning time)
TO MAKE AHEAD: Refrigerate for up to 1 month. If canned, store at room temperature for up to 1 year **EQUIPMENT:** 7 pint-size (16 oz.) canning jars with lids

A perfect combo of sweet and sour, this chunky tomato-pepper relish is the best way to dress up a bowl of black-eyed peas, crowder peas, lima beans—any old legume you can think of. Hence the name! This makes the perfect hostess gift because it's unique and versatile. And let's face it, who doesn't want their beans to be more exciting?

- **¼ cup extra-virgin olive oil**
- **12 cups diced bell peppers (about 3½ pounds)**
- **5 cups diced yellow onions (about 1¼ pounds)**
- **12 cloves garlic, sliced**
- **1 tablespoon crushed red pepper**
- **1 tablespoon kosher salt**
- **16 cups diced tomatoes (about 7 pounds)**
- **1¼ cups dark brown sugar**
- **1¼ cups red-wine vinegar**
- **4 bay leaves**

1. Heat oil in a large pot over medium heat. Add peppers, onions, garlic, crushed red pepper and salt. Cook, stirring occasionally, until softened, 10 to 12 minutes. Add tomatoes plus all their accumulated liquid, brown sugar, vinegar and bay leaves. Bring to a boil over high heat, then reduce heat to maintain a lively simmer. Cook until reduced by half, about 2½ hours.
2. Ladle into 7 sterilized pint-size jars. *(See page 84 for instructions.)* Leave about ½ inch of headspace. Wipe the rims with a clean cloth. Place lids and rings on the jars. Twist until just finger-tight (won't move with gentle finger pressure), but don't overtighten. If canning, process in a hot water bath for 10 minutes. *(See page 84 for canning instructions.)* Otherwise, let cool to room temperature and refrigerate.
MAKES: 7 pints (about 8 servings per pt., ¼ cup each)

CAL 53 / **FAT** 1G (SAT 0G) / **CHOL** 0MG / **CARBS** 10G / **TOTAL SUGARS** 8G (ADDED 5G) / **PROTEIN** 1G / **FIBER** 2G / **SODIUM** 109MG / **POTASSIUM** 218MG.

Olive-Cured Okra Refrigerator Pickles

ACTIVE: 35 min **TOTAL:** 1 day
TO MAKE AHEAD: Refrigerate for up to 2 weeks. **EQUIPMENT:** 8 pint-size (16 oz.) canning jars with lids

You may not think to combine olives and okra let alone throw olives in your pickle jar. But trust: get your hands on the nicest okra possible and tuck it in a jar with briny olives, summer basil and a mean pickling liquid—you'll see what the fuss is about. Speaking of pickling liquid, this recipe calls for rice vinegar, which has less than 5% acidity—the minimum for safe canning—so these pickles are for the refrigerator only. (Photo, page 74.)

- **2 cups pitted Kalamata olives, rinsed**
- **32 large fresh basil leaves**
- **8 cloves garlic, crushed**
- **2 teaspoons fennel seed**
- **2 pounds medium okra**
- **4 cups rice vinegar**
- **2 cups sherry vinegar**
- **2 cups water**
- **¼ cup sugar**
- **4 teaspoons kosher salt**

1. Divide olives, basil, garlic and fennel seed among 8 clean pint-size jars. Add okra.
2. Bring rice vinegar, sherry vinegar, water, sugar and salt to a boil in a large saucepan over high heat. Reduce heat to maintain a simmer and cook for 5 minutes. Carefully ladle the vinegar mixture into the jars, leaving about ½ inch of headspace. Let cool to room temperature, about 30 minutes. Refrigerate for at least 24 hours before serving.
MAKES: 8 pints (5½ servings per pt., ¼ cup each)

CAL 28 / **FAT** 2G (SAT 0G) / **CHOL** 0MG / **CARBS** 3G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 0G / **FIBER** 1G / **SODIUM** 165MG / **POTASSIUM** 65MG

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Vivian's Quick Pickle Brine

ACTIVE: 15 min **TOTAL:** 15 min

A brine can be as simple as equal parts vinegar and water, but for exceptional pickles you want to add seasoning. This brine lets you mix and match whole spices, ground spices, heat givers, fresh herbs and aromatics however suits your fancy. Be sure to make enough liquid to cover everything in your jar—and remember that any vinegars you swap in have to be 5% acidity or greater (it's indicated on the label) to ensure a proper pickle.

BASIC BRINE

- **2 cups white, red-wine *or* cider vinegar**
- **2 cups water**
- **2 tablespoons kosher salt**
- **2 tablespoons granulated sugar**

SEASONINGS

- **≤1 teaspoon whole spices, such as celery seed, coriander seed, cumin seed, dill seed, fennel seed, mustard seed, bay leaves, allspice, cinnamon, star anise**
- **≤1 teaspoon heat givers, such as crushed red pepper, Szechuan peppercorns (black, white, pink), fresh hot peppers (jalapeños, fresno chiles, cayenne)**
- **≤1 teaspoon ground spices, such as ginger, mustard, paprika, turmeric**
- **≤2 sprigs fresh herbs, such as basil, chervil, dill, mint, rosemary, sage, thyme**
- **≤1 piece per jar fresh aromatics, such as garlic cloves, ginger, citrus zest**

Bring vinegar, water, salt, sugar and Seasonings to a boil in a large saucepan. Reduce heat to maintain a simmer and cook for 5 minutes.

MAKES: 3 pints of brine (enough for 4 quarts or 8 pints of pickles)

YES, YOU CAN CAN

Any pickle will keep in the refrigerator for a few weeks. To store pickles at room temp, though, you need to can them. These instructions work for the recipes in this story (except Olive-Cured Okra Refrigerator Pickles, page 82) as well as any using the brine at left and the vegetable suggestions under "Make Your Pickles."

Equipment

- Ball or Kilner jars, bands and lids
- Canning pot with a rack
- Chopstick
- Wide-mouth funnel
- Jar lifter
- Clean towels

Prep

Wash jars, lids and bands in hot, soapy water. Rinse well, dry the bands.

Place the rack in the canning pot and place the jars, right-side up, on the rack. Add enough water to cover the jars by at least 1 inch. Cover the pot and bring to a simmer over medium heat. Turn off the heat, but keep the jars in the hot water, covered, until ready to use. Now make your pickles.

Make Your Pickles

Use the recipes that begin on page 78 or pickle almost any produce using Vivian's brine. Beets, Brussels sprouts, carrots, cucumbers, green beans, okra, hot peppers, tomatillos and turnips are all great options. You'll need 3 to 4 pounds, cleaned and cut up however you like, to make 4 quarts or 8 pints of pickles.

Fill & Seal

When the recipe is ready, remove the jars from the hot water with the jar lifter, pour out any water, and place on a towel (if placed directly on a cold surface, the jars could crack).

Add vegetables or pickle recipes to the jars. Use the funnel to fill jars with brine, leaving ½ inch of headspace and making sure the liquid covers the vegetables. Run a chopstick around the inside of the jars to release any air bubbles.

Wipe the rims with a clean towel. Add lids and rings and tighten until just finger-tight (won't move with gentle pressure), but don't overtighten.

Process

Using a jar lifter, place the jars right-side up on the rack in the pot without touching one another or the sides of the pot. Add enough water to cover the jars by at least 1 inch. Cover the pot and bring to a boil.

For pint jars, boil 5 minutes; for quart jars, boil 10 minutes.

When processing is finished, turn off the heat, uncover the pot and leave the jars submerged for 5 minutes.

Use the jar lifter to transfer the jars to a towel, leaving space between them. Let stand, without moving, for 24 hours.

Check the Seal & Store

After 24 hours, test the seal by pressing lightly on the center of each lid. They should have a slight concave indentation and neither yield to pressure nor pop back. If a jar is not properly sealed, process it again or store it in the refrigerator. Enjoy canned recipes within one year for best quality.

More Info

Want to get deeper into pickling? Check out the University of Georgia's National Center for Home Food Preservation at *nchfp.uga.edu* or *freshpreserving.com*.

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LOBSTER PARTY

Save the bibs and bowls of butter for another time. Instead, turn lobster into a party with less mess and less fuss by taking the Niçoise salad route: cook all the ingredients ahead and serve them chilled. Whether you let your pals assemble their own salads or compose them yourself doesn't really matter. Either way you get an irresistible plateful of summer.

RECIPE BY KATHY GUNST

PHOTOGRAPHY BY HELEN NORMAN

FOOD STYLING BY FRANCES LUARD

PROP STYLING BY ALISTAIR TURNBULL

Lobster Niçoise Salad

ACTIVE: 1¼ hrs **TOTAL:** 1¼ hrs
TO MAKE AHEAD: Refrigerate cooked lobster, green beans, potatoes and vina grette separately for up to 1 day.

Steamed lobster is a luxurious swap for tuna in this otherwise standard Niçoise salad. In a pinch—or if you don't want to deal with a giant pot of boiling water on a steamy summer day—many supermarkets have freshly picked lobster meat at their seafood counter or in the freezer case. Serve with a warm baguette for lunch or dinner.

SALAD

- **3 1¼- to 1½-pound live lobsters**
- **1 pound small new potatoes**
- **1 pound green beans, trimmed**
- **4 cups mixed baby salad greens *or* arugula**
- **1 pint cherry tomatoes, halved**
- **½ cup Niçoise olives *or* other black olives**

VINAIGRETTE

- **2 anchovy fillets, chopped**
- **⅛ teaspoon salt**
- **Freshly ground pepper to taste**
- **1½ teaspoons grated lemon zest**
- **¼ cup lemon juice**
- **3 tablespoons minced fresh chives**
- **½ cup extra-virgin olive oil**

1. To prepare lobsters: Bring 4 inches of water to a rolling boil in a very large pot. Add lobsters, claw-side down; cover and cook until a leg pulls out easily, 14 to 16 minutes. Remove from the pot. When cool enough to handle, remove the tail and claws from the body. Cut open the tail with kitchen shears. Insert a fork into the tail on an angle and pull out the meat. Crack open the claws with a lobster cracker or nutcracker and remove the meat from the claw and knuckle. (The body is delicious to snack on: pull off the legs, crack open the body and eat the bits of meat inside.)

2. To prepare potatoes & green beans: Bring 1 inch of water to a boil in a large pot fitted with a steamer basket. Add potatoes, cover and cook until tender, 10 to 15 minutes. Remove to a cutting board to cool. Add more water to the pot, if necessary, so it's at least 1 inch deep. Add green beans to the steamer basket, cover and cook until bright green and just tender, 4 to 6 minutes. Rinse in a colander with cold water until cool. Drain thoroughly. When the potatoes are cool enough to handle, cut in half, if desired.

3. To prepare vinaigrette: Mash anchovies and salt in a medium bowl using the back of a spoon. Stir in pepper, lemon zest, lemon juice and chives. Whisk in oil in a slow steady stream until well combined.

4. To assemble salad: Arrange greens on a serving platter. Top with the lobster meat, potatoes, green beans, tomatoes and olives. Spoon about ¼ cup of the vinaigrette over the top. Serve the remaining vinaigrette on the side.

SERVES 6: 2 cups salad & 2-3 oz. lobster each

CAL 360 / **FAT** 23G (SAT 3G) / **CHOL** 94MG / **CARBS** 24G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 16G / **FIBER** 4G / **SODIUM** 611MG / **POTASSIUM** 723MG.

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01

When Emily Monaco spent a summer in southern France, she discovered how to love the vegetable voted most likely to be left in a box at your door.

By Emily Monaco

Location Photography by Rebecca Marshall
Food Photography by Eric Wolfinger

Southern France may conjure up images of sandy beaches meeting crystal-blue water, but head west and you'll find yourself in the region of Occitanie. The small village of Paziols *(pictured)* is near two of the 13th-century Cathar castles that dot the area—Château d'Aguilar and Château de Quéribus.

FALLING *FOR* ZUCCHINI *IN* OCCITANIE

Zucchini are not weeds, but in the summer heat of Occitanie, they might as well be. I was barely 20 years old and had been living in France off and on for six years when my former French teacher invited me to spend the summer in a tiny town in Occitanie. This was a different South than the Riviera where I'd lived previously, far from both tourists and the sea. I struggled to find it on a map, the closest landmark I recognized, more than an hour northwest, was Toulouse. But it was here, among grapevines and crumbling medieval fortresses, that my teacher had decided to immerse a small group of her students in the French language.

We taught verb conjugations and noun agreements in the morning; in the afternoon, we led long walks and excursions to castles, to the museum of prehistory, to the seaside. When the kids took their daily swim in the river in the evening, I donned an apron and confronted the mountain of zucchini on the kitchen counter that never seemed to deplete.

At first, I bought the squash at the local superette, the only business in town aside from a café and two hairdressers. But soon, zucchini came unbidden into the kitchen. When the winemaker across the street sent her daughter over to play and soak up a few words of English, she toted a zucchini almost as big as she was. Our next-door neighbor, who claimed the cacophony of our students singing the latest pop songs as they ate their dinner on the terrace was music to her ears, would often stop by carrying an armful of fresh produce: tomatoes from her garden, mint picked by the riverbank and nearly always—a zucchini or two.

She would pass on "recipes" as a series of suggestions. "Zucchini are bland," she'd say. "You need to make them pop." Garlic, tomato, onion, she'd suggest, or even sugar, turning the squash into jam. When I exhausted her ideas, I flipped through cookbooks of local recipes, pairing zucchini with peppers, tomatoes and onions in colorful *escalivada* or *tian*. I made ratatouille, adding the vegetables in alphabetical order—*aubergine, courgette, poivron, tomate*.

Occasionally, a curious face would appear in the kitchen. "Can I help?" I'd provide an apron and a series of instructions, spoken slowly in basic French. Soon, I had regular guests who stirred, peeled and marveled at an apparatus that sliced the zucchini into fries in one swift movement, like a guillotine.

A local farmer who sold his wares at a stand in a village nearby told me that there are at least 50 ways to cook the vegetable. When pressed, he told me his favorite way to eat them: "Stuffed... but I only eat the stuffing," he laughed. I stuffed the giant zucchini my neighbor sent with ground beef and tomatoes, but the zucchini pile remained.

At summer's end, we invited our neighbors to an American-style brunch—pancakes, poached eggs, orange juice, coffee. I grated what remained of the pile and baked dozens of zucchini muffins, spiced with cinnamon and lemon zest. Sitting on the terrace overlooking grapevines and the Pyrenees, French commingling with English, we devoured every last one.

EMILY MONACO *is an American writer based in France. Her work navigates the intersections of food and history, culture shock and language.*

Emily Monaco has been visiting Occitanie since 2007, when she accompanied her French teacher here to help teach a language program. Monaco rents a simple home and cooks rustic local dishes, such as this Escalivada, a dish that shows off the rainbow of summer vegetables. (page 98)

Grilled Chicken with Banyuls Wine & Charred Zucchini

Wines from the Region

2015 Saint-Hilaire Blanquette de Limoux ($17) This sparkling gem has aromas of stone fruits and green apple.

2014 Domaine Faillenc Sainte Marie Corbières Blanc Pas de Louves ($12) A full-bodied white with a creamy texture that pairs exquisitely with fish and vegetables.

2015 Mas Champart Pays d'Oc Rouge ($16) This medium-bodied red has notes of blackberries, dark red cherries, spice and pepper

Grilled Chicken with Banyuls Wine & Charred Zucchini

ACTIVE: 25 min **TOTAL:** 2 hrs 10 min (including 1 hr marinating time)
TO MAKE AHEAD: Marinate chicken for up to 1 day.
Banyuls is a fortified red wine from Occitanie that pairs wonderfully with chicken. Try NV Domaine La Tour Vieille Banyuls Reserva ($27)

- **1 whole chicken (about 4 pounds)**
- **½ cup Banyuls wine *or* port**
- **3 tablespoons Banyuls vinegar *or* red-wine vinegar**
- **1½ tablespoons Dijon mustard**
- **¾ teaspoon sea salt, divided**
- **4 medium zucchini, quartered lengthwise**
- **1 tablespoon extra-virgin olive oil**

1. Remove giblets from chicken and trim any excess skin and fat. Place the chicken on a cutting board breast-side down. Working from the cavity to the neck, use kitchen shears or a sharp knife to cut down each side of the backbone; remove and discard (or reserve to make stock). Turn the chicken cut-side down and flatten the breastbone with the heel of your hand.
2. Place the chicken in a 9-by-13-inch glass baking dish. Whisk wine (or port), vinegar and mustard in a small bowl. Pour the marinade over the chicken and massage it in. Marinate the chicken, breast-side down, for at least 1 hour and up to 24 hours.
3. Preheat a gas grill to medium-high, then turn off one burner (leaving 1 to 2 burners lit, depending on your grill). Or build a two-zone fire in a charcoal grill (coals on one side) and let it burn down to medium-high heat (450°F).
4. Oil the grill rack. Remove the chicken from the marinade (reserve the marinade) and sprinkle with ½ teaspoon salt. Grill the chicken, skin-side down, over the unlit portion of the grill until the skin is well-marked and browned around the edges, 25 to 30 minutes. Carefully turn it over and continue grilling until a meat thermometer inserted into the thickest part of a thigh registers 160°F, 20 to 25 minutes more. Transfer the chicken to a clean cutting board and let rest for 10 minutes.
5. Meanwhile, toss zucchini with oil and the remaining ¼ teaspoon salt in a large bowl. Grill until lightly charred, 3 to 4 minutes per side.
6. Pour the reserved marinade into a small saucepan. Bring to a boil over high heat. Cook until the sauce is reduced by half, about 8 minutes.
7. Carve the chicken and arrange with the zucchini on a serving platter; serve with the sauce.

SERVES 6: 3-4 oz. chicken & 2-3 pieces zucchini each

CAL 515 / **FAT** 33G (SAT 9G) / **CHOL** 150MG / **CARBS** 7G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 39G / **FIBER** 1G / **SODIUM** 504MG / **POTASSIUM** 773MG.

Savory Zucchini Cake

ACTIVE: 30 min **TOTAL:** 2 hrs (including cooling time)
Savory cakes like these are often served in France with a glass of sweet Banyuls or Southern French rosé before dinner. A slightly aged goat cheese with an edible wrinkly rind will hold its shape best in this loaf, but regular goat cheese works in a pinch.

- **1 medium zucchini**
- **3 ounces bûche de chèvre *or* Crottin de Chavignol (goat cheese)**
- **4 ounces bacon (about 4 slices), sliced crosswise**
- **2 cups white whole-wheat flour**
- **1 tablespoon baking powder**
- **½ teaspoon sea salt**
- **¼ teaspoon ground pepper**
- **4 large eggs, beaten**
- **¾ cup reduced-fat milk**
- **¼ cup extra-virgin olive oil**

1. Preheat oven to 350°F. Coat a 9-by-5-inch loaf pan with cooking spray.
2. Cut five ⅛-inch rounds from the center of the zucchini and set aside. Dice the rest of the zucchini. Cut two ⅛-inch rounds from the center of the cheese and dice the rest; refrigerate the rounds and diced cheese separately.
3. Cook bacon in a medium skillet over medium heat, stirring occasionally, for 5 minutes. Add the diced zucchini and cook, stirring occasionally, until the zucchini is tender and the bacon is starting to brown, 3 to 5 minutes more. Transfer to plate and let cool for 5 minutes.
4. Meanwhile, whisk flour, baking powder, salt and pepper in a large bowl. Whisk eggs, milk and oil in a medium bowl. Make a well in the center of the dry ingredients and add the wet ingredients. Whisk until the batter is smooth. Fold in the zucchini mixture and diced cheese until combined. Pour the batter into the prepared pan and smooth the top. Arrange the rounds of zucchini and goat cheese on top of the loaf.
5. Bake until the top is browned and a toothpick inserted in the middle comes out clean, about 45 minutes. Cool in the pan for 10 minutes, then turn out onto a wire rack. Let cool for at least 30 minutes before slicing.

SERVES 12: 1 slice each

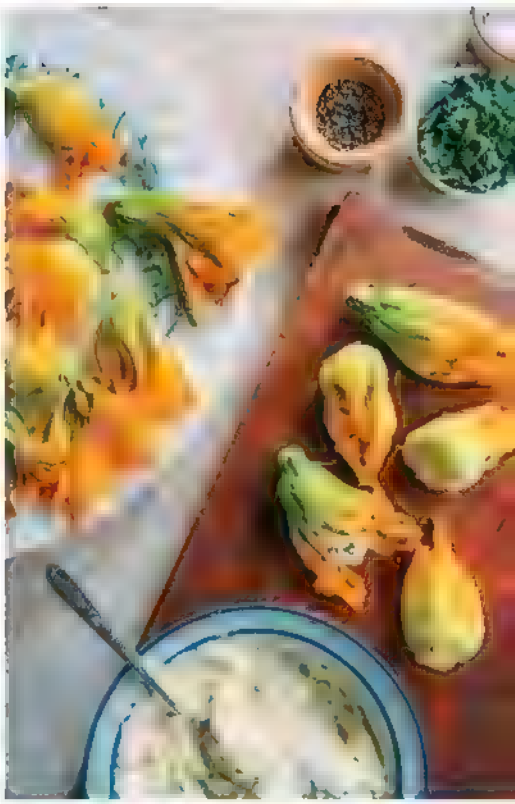
CAL 180 / **FAT** 10G (SAT 3G) / **CHOL** 72MG / **CARBS** 16G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 8G / **FIBER** 2G / **SODIUM** 321MG / **POTASSIUM** 128MG.

Summer Vegetable Tian

ACTIVE: 20 min **TOTAL:** 1½ hrs
This pretty layered casserole is so simple to make. Its only seasonings: salt and garlic-infused olive oil, which you make by sizzling a clove of garlic in olive oil for about a minute. (Photo page 96.)

- **⅓ cup extra-virgin olive oil**
- **1 clove garlic, sliced**
- **4 medium tomatoes**
- **3 small onions**
- **1 medium summer squash**
- **1 medium zucchini**
- **1 teaspoon sea salt**

1. Preheat oven to 400°F.
2. Heat oil and garlic in a small saucepan over medium-high heat until the garlic begins to sizzle, about 1 minute. Remove from heat and set aside.
3. Slice tomatoes, onions, squash and zucchini into ⅛-inch-thick slices. Standing them up on their sides, alternate the tomato, onion, squash and zucchini slices in a circular pattern around the edge of a 9-inch deep-dish glass pie pan.



Savory Zucchini Cake

Summer Vegetable Tian

Fried Squash Blossoms Stuffed with Tomme des Pyrénées

or similar-size round casserole dish. Make a second alternating circle in the center. Pack the vegetables tightly; they will shrink while baking.

4. Discard the garlic, if desired, and drizzle the vegetables with the oil. Sprinkle with salt. Bake until the vegetables are tender and starting to brown, about 1 hour. Let cool 10 minutes before serving.

SERVES 8: 1 cup each

CAL 152 / **FAT** 13G (SAT 2G) / **CHOL** 0MG / **CARBS** 9G / **TOTAL SUGARS** 5G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 2G / **SODIUM** 376MG / **POTASSIUM** 425MG

Fried Squash Blossoms Stuffed with Tomme des Pyrénées

ACTIVE: 30 min **TOTAL:** 30 min

EQUIPMENT: Candy thermometer

While this style of preparing zucchini flowers comes from Italy and is more common in Provence, this version takes on an Occitanie flair with Tomme des Pyrénées. Thanks to the cheese's rich, slightly tangy flavor, you only need a little bit for its flavor to shine.

- **6 cups canola oil**
- **12 medium squash blossoms**
- **1 large egg**
- **½ cup fresh cheese, such as fromage frais *or* ricotta**
- **½ cup packed grated Tomme des Pyrénées *or* havarti cheese**
- **1 tablespoon chopped fresh parsley, plus more for garnish**
- **¼ teaspoon sea salt, plus more for garnish**
- **¼ teaspoon ground pepper**
- **½ cup all-purpose flour**
- **¾ cup water**

1. Line a large plate with paper towels. Clip a candy thermometer to a large pot and add oil. Heat to 350°F over medium-high heat.

2. Meanwhile, carefully open squash blossoms without tearing the petals and remove the stamen. If stems are attached, trim to 1 inch.

3. Whisk egg in a medium bowl. Mix in fresh cheese, Tomme des Pyrénées (or havarti), parsley, salt and pepper. Stuff each squash blossom with about 1 tablespoon of the cheese mixture, closing the petals around the filling.

4. Whisk flour and water in another medium bowl until smooth. Dip 6 of the stuffed blossoms in the batter, allowing the excess to drip off. Place in the hot oil and fry, turning occasionally, until browned, 5 to 8 minutes. Transfer with a slotted spoon to the prepared plate. Return the oil to 350°F. Repeat with the remaining squash blossoms.

5. Arrange the squash blossoms on a serving platter. Garnish with parsley and more salt, if desired. Serve immediately.

SERVES 6: 2 blossoms each

CAL 196 / **FAT** 16G (SAT 5G) / **CHOL** 53MG / **CARBS** 7G / **TOTAL SUGARS** 0G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 0G / **SODIUM** 94MG / **POTASSIUM** 72MG.

Zucchini Ribbon Salad with Cannellini Beans & Anchovies

ACTIVE: 25 min **TOTAL:** 1¼ hrs (plus soaking time)

TO MAKE AHEAD: Refrigerate cooked beans (Steps 1-2) for up to 3 days

This salad uses a number of ingredients that are beloved in the region—white beans, olive oil, zucchini and anchovies. Use your best olive oil here as it's essential to the flavor. You'll need a sharp vegetable peeler to make the zucchini ribbons.

- **1½ cups dried cannellini *or* great northern beans**
- **2½ teaspoon sea salt, divided**
- **3 tablespoons extra-virgin olive oil, divided**
- **2 medium zucchini**
- **3 tablespoons lemon juice**
- **3 tablespoons chopped fresh parsley**
- **12 anchovies**

1. Place beans in a large saucepan and cover with 2 inches of water; stir in 2 teaspoons salt. Soak overnight. *(Alternatively, bring to a boil over high heat and boil for 2 minutes. Remove from heat, cover and let stand for 1 hour.)*

2. Drain the beans and rinse well. Return the beans to the pan and cover with 2 inches of fresh water. Cover and bring to a boil. Reduce heat to maintain a simmer and cook until the beans are tender, 25 to 45 minutes, depending on their freshness. Drain and return the beans to the pot. Toss with 1 tablespoon oil and set aside.

3. Using a vegetable peeler, cut zucchini into ribbons. Toss in a large bowl with the remaining 2 tablespoons oil and lemon juice. Let marinate at room temperature, stirring once or twice, for 20 minutes.

4. Gently stir the beans, parsley and the remaining ½ teaspoon salt into the zucchini. Transfer to a serving platter and serve topped with anchovies.

SERVES 12: ½ cup each

CAL 122 / **FAT** 4G (SAT 1G) / **CHOL** 3MG / **CARBS** 15G / **TOTAL SUGARS** 1G (ADDED 0G) / **PROTEIN** 6G / **FIBER** 8G / **SODIUM** 352MG / **POTASSIUM** 435MG.

Zucchini Ribbon Salad with Cannellini Beans & Anchovies

The name for this combination of roasted vegetables comes from the Catalan *escalivar*, meaning to cook in ashes, though most folks these days use an oven or grill to put some char on their vegetables.

Escalivada (Smoky Slow-Roasted Vegetables)

ACTIVE: 15 min **TOTAL:** 2¼ hrs (including cooling time)
TO MAKE AHEAD: Prepare through Step 4 and refrigerate for up to 1 day. Bring to room temperature before serving.
EQUIPMENT: Kitchen string
Escalivada is traditionally served at room temperature with grilled meat or fish.

- **3 medium tomatoes, sliced**
- **2 small red onions, sliced into rounds and separated**
- **1 small eggplant, cut into 3-inch sticks**
- **1 small orange bell pepper, sliced**
- **1 small yellow bell pepper, sliced**
- **1 small summer squash, cut into 3-inch sticks**
- **1 small zucchini, cut into 3-inch sticks**
- **1 teaspoon sea salt, divided**
- **3 sprigs fresh parsley**
- **2 sprigs fresh thyme**
- **1 bay leaf**
- **4 cloves garlic, divided**
- **½ cup extra-virgin olive oil**
- **2 tablespoons Banyuls vinegar *or* 1 tablespoon each balsamic and red-wine vinegar**

1. Preheat oven to 350°F.
2. For the best flavor and look, you'll want to season each vegetable separately with the salt before arranging them side-by-side in the pan. Tomatoes get ¼ teaspoon salt; onions, eggplant, orange and yellow bell peppers, squash and zucchini, each get ⅛ teaspoon. Then arrange them in a rainbow-like order in a 9-by-13-inch (or similar-size) baking dish.
3. Tie parsley, thyme and bay leaf together with kitchen string and nestle in the vegetables along with 3 garlic cloves. Drizzle with oil.
4. Bake until the vegetables are juicy and starting to brown on top, 1¼ to 1½ hours. Let cool to room temperature, about 45 minutes.
5. Just before serving, drizzle the vegetables with vinegar. Mince the remaining garlic clove and sprinkle over the top.

SERVES 6: 1 cup each

CAL 168 / **FAT** 13G (SAT 2G) / **CHOL** 0MG / **CARBS** 12G / **TOTAL SUGARS** 7G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 3G / **SODIUM** 377MG / **POTASSIUM** 486MG

Discovering Occitanie

This quiet area in southern France is about a six-hour train ride from Paris. It's known for its history and culture along with the rich, full-bodied wines made from grapes grown on the steep terraced slopes.

EAT

Place des Marchés, Corbières
You'd never know it, but this tiny town is home to a rustic, friendly bistro, where chef Eric Delalande shows off local wines and ingredients. The restaurant's menu changes regularly, dictated entirely by the seasons. *placedesmarches-restaurant.com*

Les Maîtres de Mon Moulin Bakery, Cucugnan
Ancient grains ground into flour at the mill are turned into breads, cookies and other treats produced by baker Roland Feuillas. Come early—the bread sells out fast! *farinesdemeule.com*

Soulatgé Night Market, Soulatgé
The quaint village of Soulatgé is home to an outdoor market every Wednesday evening. The market unites local farmers and craftspeople in the village square, where you can sip a beer and listen to music while you shop.

DRINK

Les Vignerons du Mont Tauch, Tuchan
This progressive cooperative showcases the wines of several local villages: warm, spicy, red Fitou, light rosés perfect for summer drinking, and sweet, complex muscat de Rivesaltes. *mont-tauch.fr*

SLEEP

Les Chambres d'Aimé Hotel, Carcassonne
Just a 20-minute stroll outside of the medieval walled city of Carcassonne, this renovated 19th-century home is the perfect base for exploring. *leschambresdaime.com*

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PICK PERFECT PEACHES

Simple recipes with only a few ingredients keep party prep to a minimum. They become something special when you get extra-choosy at the market. For these crostini, opt for vibrantly colored peaches that smell fruity and give just a bit when squeezed. Add the prettiest arugula you can find and bacon with plenty of smoke (think applewood) to seal the deal.

Peach & Bacon Crostini
page 104

Here's how to celebrate this summer without breaking a sweat: plan a meal where all the dishes are best served cool or room temp. That means cooking is done before your crew even knocks on the door. Put your feet up. Pour a cold one. It's time to chill.

just chill

By Julia Clancy

Photography by Johnny Autry

Food & Prop Styling by Charlotte Autry

Cantaloupe & Cucumber Salad with Fresh Za'atar
page 106

RELY ON SALADS

Creative spins on salads, like this one with melon, cucumbers and feta or this medley of grilled polenta, tomatoes and herbs, are a chill hostess's best friend. Think recipes that can be prepped early (even the day ahead), then pulled from the fridge and set out when you're ready. Instead of the party starting when the cooking is done, you're in control of the schedule.

Sweet Corn Polenta with Bell Pepper & Tomato Salad
page 104

GRILL AHEAD

It's a summer party, so of course you want to grill something—but wouldn't you rather be nursing a cocktail with your guests than holding a pair of tongs? The solution: Grill in the morning. Here, onions and endive for this fresh fig salad are grilled The steak and chicken can also be grilled ahead, then marinated as they cool

Grilled Endive & Red Onion with Fresh Figs
page 106

Grilled Lime Chicken & Steak with Herb & Arugula Salad
page 106

Peach & Bacon Crostini

ACTIVE: 30 min **TOTAL:** 30 min
TO MAKE AHEAD: Holds at room temperature for up to 2 hours.

The grill lends a smoky backbone to peaches and baguette for these crostini. (Photo, page 100.)

- **16 ½-inch-thick slices whole-grain baguette**
- **3 tablespoons extra-virgin olive oil, divided**
- **2 medium peaches, cut into ½-inch wedges**
- **¼ teaspoon salt, divided**
- **2 slices bacon, chopped**
- **6 cups baby arugula**
- **1 teaspoon lemon zest**
- **1 tablespoon lemon juice**
- **Flaky salt for serving**

1. Preheat grill to medium-high.
2. Brush both sides of bread with 2 tablespoons oil. Toss peaches in a large bowl with the remaining 1 tablespoon oil and ⅛ teaspoon salt. Grill the peaches until lightly marked and softened, 1 to 2 minutes per side. Return to the bowl. Grill the bread until lightly charred, 1 to 2 minutes per side.
3. Cook bacon in a large skillet over medium heat, stirring occasionally, until crisp, about 5 minutes. Using a slotted spoon, transfer the bacon to a small bowl. Add arugula and the remaining ¼ teaspoon salt to the pan. Cook, stirring occasionally, until just beginning to wilt, about 1 minute. Gently stir the greens, lemon zest and lemon juice into the peaches.
4. Top each crostini with some of the peach mixture, a little bacon and flaky salt, if using.

SERVES 16: 1 crostini each
CAL 79 / **FAT** 3G (SAT 0G) / **CHOL** 1MG / **CARBS** 11G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 2G / **FIBER** 1G / **SODIUM** 146MG / **POTASSIUM** 69MG.

Sweet Corn Polenta with Bell Pepper & Tomato Salad

ACTIVE: 45 min **TOTAL:** 4 hrs
TO MAKE AHEAD: Prepare through Step 4; refrigerate polenta and salad separately for up to 1 day. Serve salad at room temperature.

A flash under the broiler leaves slices of corn-studded polenta golden on the outside and soft on the inside. (Photo, page 102.)

POLENTA

- **5 cups water**
- **1 cup coarsely ground cornmeal *or* polenta**
- **1 cup corn, fresh *or* frozen**
- **½ cup grated Parmesan cheese**
- **2 tablespoons unsalted butter**
- **1 teaspoon ground pepper**
- **¼ teaspoon salt**

SALAD

- **2 medium red *and/or* yellow bell peppers, halved and seeded**
- **2 cups cherry tomatoes, halved**
- **3 tablespoons extra-virgin olive oil, divided**
- **1 tablespoon red-wine vinegar**
- **¼ teaspoon salt**
- **2 tablespoons chopped fresh herbs, such as basil, mint *and/or* tarragon**

1. To prepare polenta: Bring water to a boil in a large saucepan. Reduce heat to low and gradually add cornmeal, whisking constantly to

DEEP-FREEZE DESSERT

These blackberry ice cream sandwiches are actually *better* made ahead. We tested them every day after making a batch and found that on day three they reach perfection. The graham crackers turn delightfully chewy—reminiscent of the experience from your favorite childhood ice cream truck.

Blackberry-Ginger Ice Cream Sandwiches
page 106

Oscar Mayer
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prevent clumping. Cook, stirring occasionally, until the polenta is creamy and reduced to about 4 cups, 50 to 60 minutes. (If the mixture is too stiff, loosen with 2 tablespoons water.)
2. Add corn, Parmesan, butter, pepper and salt. Cook, stirring occasionally, until the cheese is melted and the corn is tender, about 5 minutes. Coat a 9-by-13-inch baking dish with cooking spray. Pour in the polenta and let cool to room temperature, about 1 hour. Loosely cover with plastic wrap and refrigerate until firm, about 2 hours or up to 1 day.
3. To prepare salad: Position a rack in upper third of oven; preheat broiler to high. Place peppers cut-side down on a baking sheet. Broil, rotating the pan once, until softened and charred, 4 to 6 minutes. Transfer to a bowl, cover with plastic wrap and let steam for 10 minutes. Rub off the blistered skin and coarsely chop the peppers. Combine with tomatoes, 2 tablespoons oil, vinegar and salt in a medium bowl.
4. Position a rack in upper third of oven; preheat broiler to high. Cut the polenta into 12 squares and place on a baking sheet. Brush both sides of the polenta with the remaining 1 tablespoon oil. Broil, turning once, until golden brown, 3 to 5 minutes per side.
5. To serve: Arrange the polenta and tomato salad on a large serving platter; top with herbs.

SERVES 12: 1 slice polenta & ¼ cup salad each

CAL 121 / **FAT** 7G (SAT 2G) / **CHOL** 8MG / **CARBS** 13G / **TOTAL SUGARS** 2G (ADDED 0G) / **PROTEIN** 3G / **FIBER** 2G / **SODIUM** 265MG / **POTASSIUM** 177MG.

Cantaloupe & Cucumber Salad with Fresh Za'atar

ACTIVE: 20 min **TOTAL:** 20 min
TO MAKE AHEAD: Holds at room temperature for up to 2 hours or refrigerated for up to 8 hours.
This juicy melon salad is seasoned with fresh oregano and thyme plus sesame seeds and sumac for a bright summertime take on the Middle Eastern spice blend za'atar. (Photo: page 102.)

- **5 tablespoons extra-virgin olive oil, divided**
- **2 tablespoons toasted sesame seeds, divided**
- **1 tablespoon ground sumac**
- **2 teaspoons chopped fresh oregano**
- **2 teaspoons chopped fresh thyme**
- **¼ teaspoon salt**
- **½ English cucumber, thinly sliced**
- **2 tablespoons lime juice**
- **1 medium cantaloupe (about 4 pounds), seeded and cut into 8 wedges**
- **1 cup coarsely crumbled feta cheese**

1. Combine 4 tablespoons oil, 1 tablespoon sesame seeds, sumac, oregano, thyme and salt in a small bowl.
2. Toss cucumber with the remaining 1 tablespoon oil and lime juice in a medium bowl. Arrange cantaloupe and the cucumber on a serving platter and drizzle with any liquid remaining in the bowl. Top with feta, the dressing and the remaining 1 tablespoon sesame seeds.

SERVES 8: 1¼ cups each

CAL 169 / **FAT** 14G (SAT 4G) / **CHOL** 17MG / **CARBS** 8G / **TOTAL SUGARS** 6G (ADDED 0G) / **PROTEIN** 4G / **FIBER** 1G / **SODIUM** 377MG / **POTASSIUM** 250MG

Grilled Endive & Red Onion with Fresh Figs

ACTIVE: 30 min **TOTAL:** 30 min
TO MAKE AHEAD: Holds at room temperature for up to 2 hours or refrigerated for up to 8 hours.
Grilling coaxes sweet-savory depth from endive and red onion. Leave the root ends attached when trimming so they hold together and don't slip through the grill grates. (Photo: page 103.)

- **1 lime**
- **4 tablespoons extra-virgin olive oil, divided**
- **4 tablespoons balsamic vinegar, divided**
- **1 tablespoon honey**
- **¾ teaspoon salt, divided**
- **6 medium heads Belgian endive, quartered**
- **3 medium red onions, cut into 1-inch wedges**
- **8 large fresh figs *or* 1 cup dried, halved**
- **¼ cup chopped fresh basil**

1. Preheat grill to medium-high.
2. Zest lime. Whisk the zest with 2 tablespoons each oil and vinegar, honey and ¼ teaspoon salt in a small bowl.
3. Juice the lime. Whisk the juice with the remaining 2 tablespoons each oil and vinegar and ½ teaspoon salt in a large bowl. Add endive and onions; toss to coat. Grill the vegetables, in batches if necessary, until softened and lightly charred, 2 to 3 minutes per side.
4. Arrange the vegetables on a large platter. Top with figs and basil and drizzle with the dressing.

SERVES 8: 1¼ cups each

CAL 157 / **FAT** 7G (SAT 1G) / **CHOL** 0MG / **CARBS** 23G / **TOTAL SUGARS** 16G (ADDED 2G) / **PROTEIN** 2G / **FIBER** 5G / **SODIUM** 224MG / **POTASSIUM** 391MG

Grilled Lime Chicken & Steak with Herb & Arugula Salad

ACTIVE: 30 min **TOTAL:** 1½ hrs
TO MAKE AHEAD: Refrigerate chicken and steak in marinade for up to 1 day.
The chicken and steak are marinated in reverse in this recipe. You pour the dressing over the meat after grilling so that it soaks up the bright vinaigrette as it cools. (Photo: page 103.)

- **4 tablespoons extra-virgin olive oil, divided**
- **4 tablespoons red-wine vinegar, divided**
- **2 tablespoons reduced-sodium tamari**
- **1 tablespoon lime zest**
- **2 tablespoons lime juice**
- **1 tablespoon pure maple syrup**
- **1 clove garlic, grated**
- **¾ teaspoon salt, divided**
- **¾ teaspoon ground pepper, divided**
- **1 pound boneless, skinless chicken breasts**
- **1 pound flank steak**
- **6 cups arugula**
- **¼ cup mixed fresh herbs, such as parsley, chives *or* dill**

1. Preheat grill to medium-high.
2. Whisk 3 tablespoons oil, 2 tablespoons vinegar, tamari, lime zest, lime juice, maple syrup, garlic and ¼ teaspoon each salt and pepper in a nonreactive bowl or dish. Transfer ¼ cup of the marinade to another nonreactive bowl. Set both aside.
3. Sprinkle ¼ teaspoon each salt and pepper on both sides of chicken and steak. Oil the grill rack. Grill the chicken, turning once, until an instant-read thermometer inserted into the thickest part registers 160°F, 4 to 6 minutes per side. At the same time, grill the steak, turning once, 3 to 5 minutes per side for medium.
4. Transfer the chicken and steak to a clean cutting board and let rest for 5 minutes. Slice and add the chicken to one bowl of the reserved marinade and the steak to the other. Let cool to room temperature, turning occasionally, about 45 minutes.
5. Just before serving, toss arugula and herbs with the remaining 1 tablespoon oil, 2 tablespoons vinegar and ¼ teaspoon each salt and pepper in a bowl. Arrange the chicken and steak on a platter and drizzle with any remaining marinade. Serve topped with the arugula salad.

SERVES 8: 1 ½ oz. each chicken *and* steak plus ½ cup salad

CAL 223 / **FAT** 11G (SAT 3G) / **CHOL** 66MG / **CARBS** 3G / **TOTAL SUGARS** 2G (ADDED 2G) / **PROTEIN** 25G / **FIBER** 0G / **SODIUM** 453MG / **POTASSIUM** 344MG.

Blackberry-Ginger Ice Cream Sandwiches

ACTIVE: 35 min **TOTAL:** 3 hrs (plus 24 hrs freezing time) **TO MAKE AHEAD:** Freeze for up to 2 weeks.
Here's the trick that turns the graham crackers perfectly chewy: Fold each sandwich in Reynolds plastic wrap before freezing to hold in moisture. (Photo: page 104.)

- **2½ cups blackberries, divided**
- **2 tablespoons grated fresh ginger**
- **1 tablespoon lemon juice**
- **1 tablespoon pure maple syrup**
- **⅛ teaspoon salt**
- **5 cups vanilla bean ice cream, softened**
- **16 whole graham crackers, halved**

1. Line an 8-inch-square metal baking pan with 2 pieces of plastic wrap, allowing the ends to hang 3 inches over the sides.
2. Coarsely chop ½ cup blackberries; set aside. Combine the remaining 2 cups blackberries, ginger, lemon juice, maple syrup and salt in a blender or food processor. Puree until smooth. Strain through a fine-mesh sieve into a large bowl, pressing on the solids to yield as much puree as possible. (Discard solids.)
3. Fold ice cream and the reserved chopped blackberries into the puree. Transfer the mixture to the prepared pan. Place another piece of plastic wrap directly onto the surface, pressing to flatten the ice cream and remove any air bubbles. Freeze until firm, 2 to 2½ hours.
4. Use the overhanging plastic wrap to lift the ice cream out of the pan onto a cutting board. Cut into 16 squares. Lay a piece of plastic wrap on a flat surface and, working quickly, place a graham cracker square on it and top with one square of the ice cream. Top with another graham cracker square and wrap securely. Repeat with the remaining graham crackers and ice cream. Freeze for at least 24 hours and up to 2 weeks.

SERVES 16: 1 ice cream sandwich each

CAL 303 / **FAT** 14G (SAT 7G) / **CHOL** 53MG / **CARBS** 40G / **TOTAL SUGARS** 23G (ADDED 21G) / **PROTEIN** 5G / **FIBER** 2G / **SODIUM** 178MG / **POTASSIUM** 91MG

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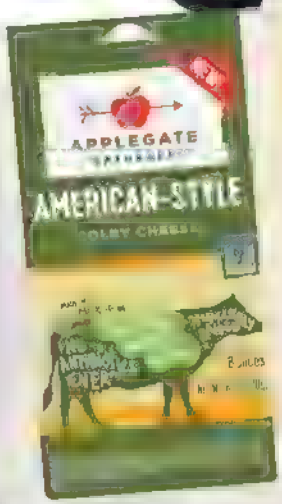

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TOAST TO NEW

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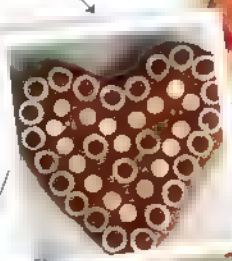

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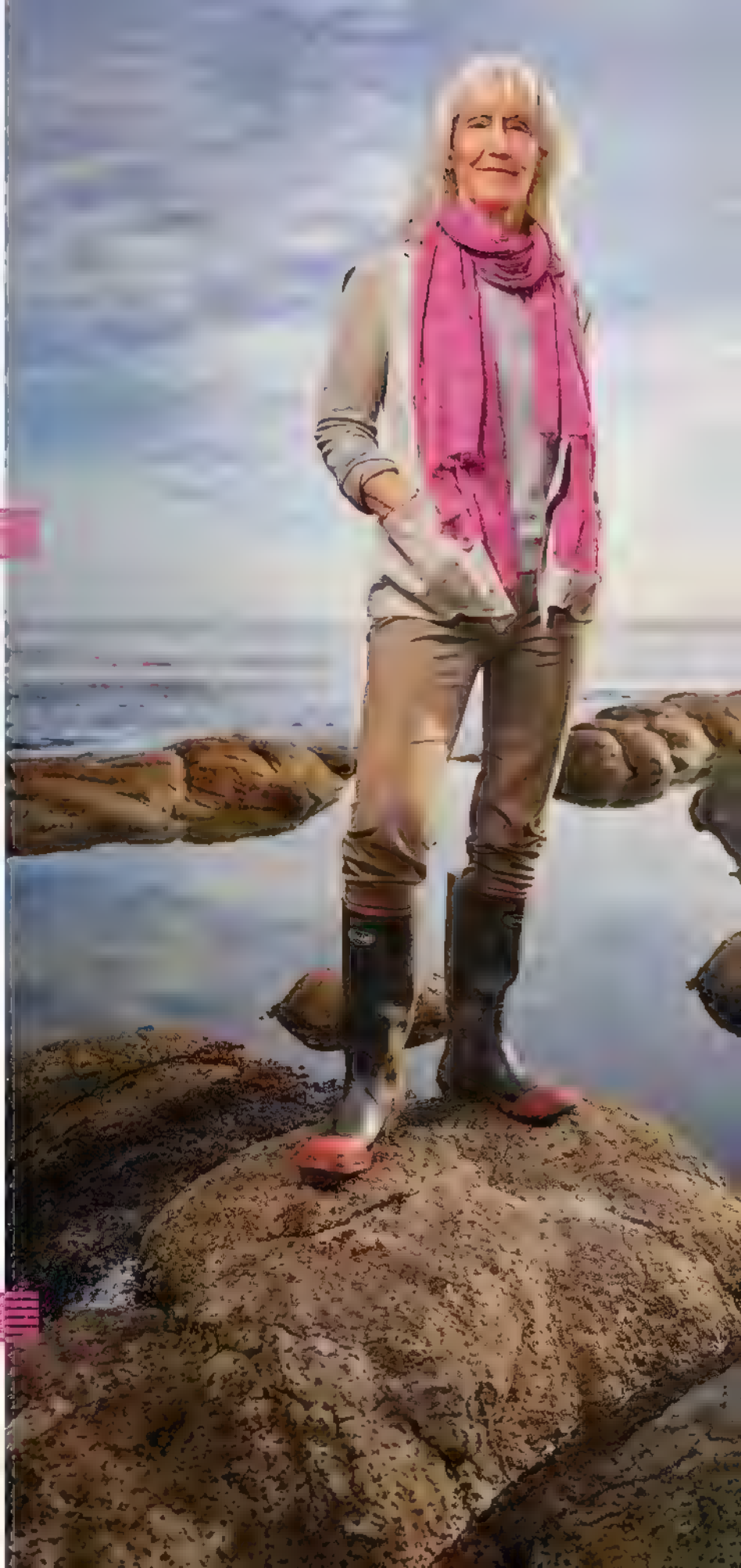
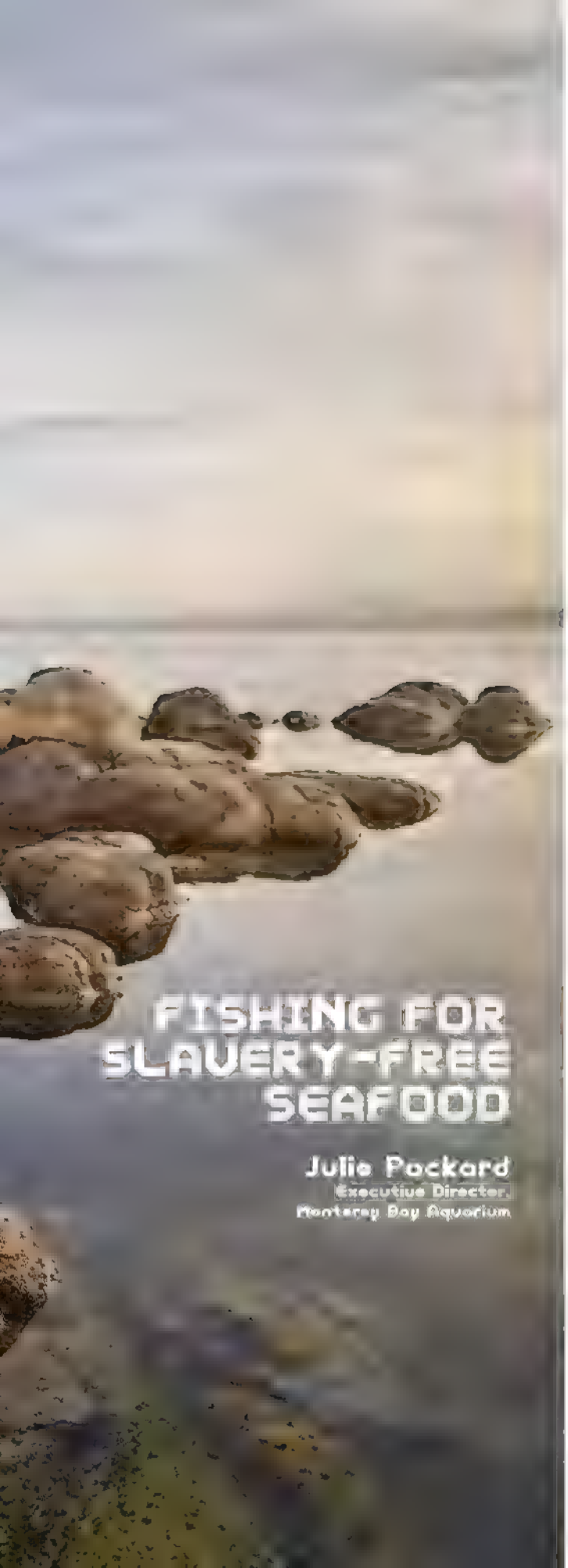
ART TRAVIS COMMEAJ

Welcome to our second annual American Food Heroes list, honoring 12 people doing extraordinary things to make food better in our country. They're the icons informing us where our food comes from, how it's produced and its impact on our health, communities and the environment. To compile the list, we called for nominations from readers as well as top experts to find out who has been making a real impact in the food space, particularly in the past year. Then our editorial team reviewed the submissions and winnowed them down to the winners you'll read about here. Prepare to be inspired!

BY SHAUN DREISBACH

Photography by Bill Wadman





In 2015, a group of Associated Press reporters wrote a series of stories that blew the lid off a horrific scandal plaguing the seafood industry: slavery. Men, women and children, mainly from Southeast Asian countries, kept locked away, forced to work brutal hours, fed next to nothing, paid even less, and held sometimes for decades at a time. And much of that seafood was being exported to the U.S. The thought of slave-caught fish landing on American plates—or *any* plates, for that matter—was a galvanizing moment for Julie Packard. She's been promoting the health of our oceans since the 1970s when she helped found California's Monterey Bay Aquarium, widely regarded as one of the leading conservation organizations in the world. To her, protecting the people working on our waters was no different than protecting the fish swimming in them. "I felt it was imperative that we include human rights issues in our definition of sustainable, because sustainable isn't just about the environment," she says. "It's about the broader social impact. And the seafood industry is rife with problems in that area."

Packard teamed up with the advocacy groups Liberty Asia and the Sustainable Fisheries Partnership to develop a Seafood Slavery Risk Tool, which launched in February. It's a searchable online database that allows restaurants and other buyers to see if the seafood they're sourcing is coming from an area or fishery where forced labor, human trafficking or child labor may be occurring. Packard says avoiding questionable suppliers is the most effective way to pressure those fishing operations to change their practices.

The Slavery Risk Tool is the newest facet of the Monterey Bay Aquarium's wildly successful Seafood Watch program, which promotes sustainable choices—and has revolutionized the way we buy fish and shellfish today. Nearly 60 million consumer guides have been distributed since the program began in 1999, and 2 million people downloaded the app in the past year alone. "Julie Packard has been the single most effective person in raising public awareness about seafood sustainability," says renowned marine conservationist Carl Safina, Ph.D. "Before the first guide, there was really no discussion about it at all."

Packard hopes to integrate the two programs so the general public can make sure their seafood is both sustainable and slavery-free, but this crucial first step of providing the database to purveyors and restaurants put her on our radar this year—and speaks to her stalwart commitment to conserving our waters. "More than 90 percent of the places on earth where life can exist are actually in the sea, so the ocean has a huge impact on everything from being a source of food security to producing half of the air we breathe," she says. "There are so many reasons we need to protect it. Our lives depend on it."

When it comes to getting things done, Chellie Pingree does not mind getting her hands—or, clearly, her feet—dirty. As an organic farmer with 200 acres on an island off the coast of Maine, she's happy to put in the hard work of tending to her vegetables, pigs and chickens. (Not to mention running her farmstand, inn and restaurant.) And during her weekdays on the Hill in Washington, D.C., she's equally eager to dig into issues like preventing food waste, supporting small farmers, standardizing food-date labels and bolstering organic programs. "One of my big concerns is maintaining the integrity of organic standards and increasing the number of farmers who grow food organically—because we're not meeting the demand, and so much has to be brought in from outside the country, which is tragic," says Pingree. She's also introduced legislation to fund organic research—on practices like pest and weed control and crop rotation—that will help farmers improve their operations. "Right now, only one-tenth of 1 percent of all the U.S. Department of Agriculture's research dollars go toward organic," she says. "Everything else goes into conventional agriculture."

In fact, no one has played a bigger role in getting policies like these into this year's farm bill than Pingree, who also serves on the House Appropriations Committee's agricultural subcommittee. Her unique background has made her a particularly effective legislator during her nine-plus years in Congress. "I've been an organic farmer since the 1970s, so I have practical experience that's important when you're making public policy," she says. "A lot of members in Congress have no idea how important food and agriculture have become to their constituents—who want to have healthier diets and know what's in their food. And sometimes when my colleagues don't understand an issue or don't have the same level of advocacy that I do, I can make a good case." Whether or not she prevails (the farm bill was overdue for a vote at press time), we can't applaud her efforts enough.

SAVING AMERICA'S SOILS

Director of North America's Agricultural Program, The Nature Conservancy

Most of us don't give a second thought to the earth beneath our feet. It's humble. It's unassuming. It's *dirt*. To Larry Clemens, though, soil could very well be our environmental and agricultural savior. Healthy soil is rich in nutrients, which translates to more robust crops and less need for chemical fertilizers It also acts like a sponge, soaking up rainwater so it doesn't run off and erode farmland, and holding it for times of drought. Perhaps most important: well-tended soil can help mitigate climate change, thanks to its immense capacity to trap and store carbon dioxide from the atmosphere. Yet conventional tillage practices have caused our nation's soils to lose as much as 60 percent of their stores of this greenhouse gas. They also rack up more than $85 billion in societal and environmental costs annually from factors including reduced water quality, increased energy usage and loss of both productivity and biodiversity

Last year, Clemens helped spearhead an initiative to right that wrong. In partnership with General Mills and nonprofits (including Soil Health Partnership and Soil Health Institute), The Nature Conservancy launched a $20 million plan to work with farmers and ranchers to improve the health of their soil. "Our goal is to see at least half of all U.S. row-crop lands (primarily wheat, corn and soy) using better soil-health practices by 2025," he says. Considering the fact that 58 percent of all farmland is devoted to just these three crops, the impact would be profound. And it's a move that will benefit not just the environment, but the farmers as well to the tune of $37 million a year for every one percent of land that is transformed, thanks to better productivity and reduced energy costs.

Clemens has championed just about every environmental issue you can think of during his 26 years with The Nature Conservancy from helping small farmers adopt best practices like cover crops and nutrient management to pushing legislation to preserve our land and waterways. But this is arguably his most fundamental cause yet. "Healthy soils are the cornerstone of life," he says. "They're totally necessary for our future. And the farmers that are starting to use our practices have become true believers in the benefits."

Nourishing people is in Tom Colicchio's DNA. That molecular-level passion has led to a slew of smash-hit restaurants (currently six and counting), eight James Beard awards, a 15-season-long gig as a judge on *Top Chef* and no small measure of celebrity. It's also what set him on a mission to end hunger in the U.S. "More than 41 million Americans struggle with hunger, and clearly the problem isn't scarcity of food," says Colicchio. "People are hungry because we don't have the right policies in place to make sure everyone gets fed."

Six years ago, he and Environmental Working Group president Ken Cook cofounded Food Policy Action, an advocacy group that's focused on food safety, nutrition and hunger issues—particularly school lunch programs and hunger among veterans. The latter is a problem that Colicchio says most of us don't realize exists, but afflicts one in four people returning from active duty. "There's a large homeless population among vets. They come back and they struggle with issues like PTSD and finding work," he explains. "The idea that these men and women who fought for our country are now going without nutritious food—that bugs me."

He's been a constant presence on Capitol Hill, lobbying against the proposed cuts to nutrition programs like the Supplemental Nutrition Assistance Program (SNAP, formerly Food Stamps), which would deepen the problem of hunger in this country. Last spring, Colicchio convened a Plate of the Union summit with lawmakers and more than 30 U.S. chefs—including José Andrés and Andrew Zimmern—to advocate for better access to healthy food. He also launched a national Food Is Fuel media campaign—timed to Veteran's Day through his nonprofit anti-hunger organization, A Place at the Table. The goal: to encourage people to call their local representatives and demand action on food insecurity. "I want to put politicians on notice," he says. "It may not change the way they vote, but at least it may give them pause when they're thinking about these issues."

Colicchio recently stepped away from his role at Food Policy Action—in part because of his frustration over the inaction on food policy in Washington right now. "There's no one to talk to in the current administration," he says. "All these issues that we care about, it doesn't seem they care about at all." But he is committed to solving hunger through other avenues: "Time is something I don't have much of. I'd rather spend it making a difference trying to change Congress as opposed to trying to deal with the current Congress."

GROWING GREENS WITH FEWER RESOURCES

Marc Oshima, Co-Founder and Chief Marketing Officer, AeroFarms

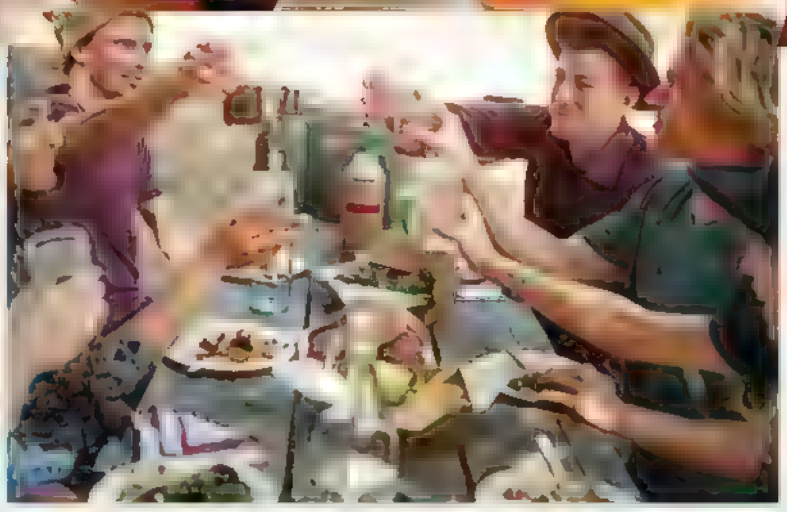
As incredibly healthy as leafy greens are, they also happen to be among the biggest contributors to food waste in the U.S. Roughly 76 percent of all our greens wind up being tossed, in part because they're so highly perishable. They also take a tremendous amount of farmland and resources to grow, and are considered one of the most dangerous food categories, because of pesticide use and contamination issues.

Throw these challenges at a critical thinker like Marc Oshima, and what you get is AeroFarms—the world's largest indoor vertical farm company. Its four facilities, based in Newark, New Jersey, produce more than 2 million pounds of leafy greens a year using aeroponics—a method that doesn't require soil and uses very little water. "The plant's roots are misted, as opposed to bathed, so it's a way of growing that uses 95 percent less water than field farming and 40 percent less than hydroponics," Oshima explains. "And because we can give the plants exactly what they need, when they need it, we can have around 30 harvests a year, versus a conventional farm's two or three, and grow in less than half the time." The produce—which has since expanded to everything from cucumbers to root vegetables—is also selected for flavor and nutrition, and because they grow up, not out, AeroFarms uses less than 1 percent of the land that's necessary to sprout the same yield in the field. The controlled indoor environment all but eliminates waste and food-safety concerns, as well. And while skeptics point to the large amount of energy vertical farms require to grow their produce (minus the sun), Oshima is conscious of this issue and uses things like special, energy-efficient LED lights to be as environmentally friendly as possible.

Last year, AeroFarms opened its biggest facility yet—a 70,000-square-foot building dedicated to its wholesale business, selling greens to restaurants, food service companies and supermarkets like Whole Foods and ShopRite. Sprinkling its vertical farms around Newark was a deliberate move. Being hyper-localized allows it to distribute its produce faster, so it arrives fresher and lasts longer—equaling a lot less waste. "We also wanted to focus on bringing year-round jobs to areas with very high rates of underemployment," says Oshima. "Access to fresh, healthy produce is really limited here, as well, so we open our doors to the community and make it very affordable. It's as much about societal goals as environmental goals." With plans to expand to 25 new locations worldwide, including northern Europe, China and the Middle East, AeroFarms makes our list this year for proving that growing delicious, environmentally responsible produce can also be done on a grand scale.

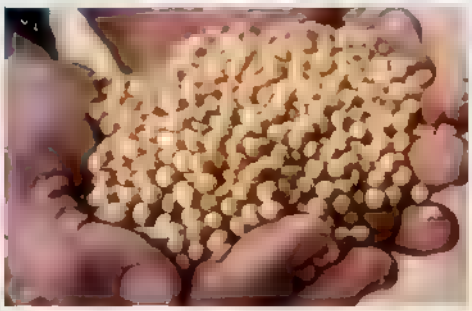
advertisement

For over 100 years, Hellmann's has been dedicated to using only "Blue Ribbon Quality" ingredients to bring out the best in our mayo, sauces and dressings. We are committed to getting our ingredients from sustainable sources because we know that we need to make products that not only taste good, but also do good for our customers and our planet. In 2017, we achieved our goal of 100% cage-free eggs!



100% CAGE-FREE EGGS

We make a lot of mayo every year. Which means we use a lot of eggs. And our commitment to cage-free makes a huge difference to the quality of life of millions of hens. So we're proud to say we reached our goal of using 100% cage-free eggs three years early. Since January 2017, all Hellmann's Mayonnaise and Mayonnaise Dressing (excluding Vegan Carefully Crafted Dressing) available in the U.S. is made exclusively from cage-free eggs — no ifs, ands or clucks about it.



SUSTAINABLE FARMING

Hellmann's has partnered with Practical Farmers of Iowa to assist farmers in planting cover crops on 25,000+ acres of farmland in the United States. Cover crops are plants grown in the off-season when farmers would not normally be growing their corn or soybeans. This means there are live roots in the ground protecting the soil all year-round, which helps soil retain organic matter and prevents erosion and runoff. By supporting these initiatives, Hellmann's can continue to make great-tasting mayonnaise and preserve our lands for generations to come.

Visit HELLMANNS.COM to learn more about our sustainability efforts.

HELLMANN'S

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HELLMANN'S WITH AVOCADO OIL

Hellmann's you love, with the delicious goodness of avocado oil.

WE'RE ON THE SIDE OF FOOD

STANDING UP FOR FOOD WORKERS

Joann Lo | Jose O

Co-Directors
Food Chain Workers Alliance

Meet the megaphones. Joann Lo and Jose Oliva are giving a very loud voice to a segment of the food industry that once had next to none: its workers—from farmers and food truck owners to servers and supermarket stock clerks. Together, these workers represent the largest employment sector in the U.S. 21.5 million people—yet they're some of the lowest paid, averaging just $10 an hour. "The conversation about food is often about how it affects human health or the environment, but almost no one was talking about food workers—the human beings who make the food system run literally from farm to fork," says Oliva. "It made us feel like an organization that would lift them up was pretty urgent and imperative to create."

Enter the Food Chain Workers Alliance. What's unique about this Los Angeles–based nonprofit is that rather than becoming just one of countless advocacy groups, they banded together 31 different organizations—such as Migrant Justice, Restaurant Opportunities Centers United and the Coalition of Immokalee Workers—into one 340,000-member-strong group that could amplify each other's calls for action and be a more powerful force for change. And their causes are as diverse as the men and women they represent. In the past year alone, they've organized rallies supporting immigrant food workers, campaigned for fair wages for restaurant staff, fought for better working conditions on farms and done outreach and education on sexual harassment in the workplace.

Lo and Oliva also just expanded their hallmark initiative, called the Good Food Purchasing Program (GFPP), into the Chicago school system. (It's already in Los Angeles, San Francisco and Oakland.) GFPP encourages public school districts and other city agencies to source their food from suppliers that meet five key standards: they support the local economy, provide healthy food, are sustainable, humane and pay fair wages. "In Los Angeles County alone, GFPP has created 220 new jobs in the food system," says Lo. "And because it requires that food suppliers respect workers' right to organize, delivery drivers for the school district's produce and bread supplier were able to organize and join the Teamsters union, winning higher wages, better benefits and a grievance procedure. Earlier this year, 170 warehouse workers at this same supplier joined, as well. So the program is having a major impact on the overall infrastructure of the food system."

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CRUSADING AGAINST TRANS FATS

Walter Willett, M.D., Dr.P.H.

Professor of Epidemiology and Nutrition, Harvard University

As of June, man-made trans fats—the unhealthy hydrogenated oils known to cause heart disease, type 2 diabetes and Alzheimer's—are now officially out of our food supply. You are looking at the man largely responsible for making that happen. Walter Willett has been studying the impact of trans fats on human health since the late 1970s, when he began to suspect a link between the engineered oil and high cholesterol levels.

To say his concerns fell on deaf ears would be a massive understatement. After several decades of careful research, Willett's first study to show a clear increase in heart disease among trans-fat eaters got rejected several times before it was published three years later in 1993. "It was too off-the-radar for many journals," he explains. The link was also widely dismissed not just by big food companies, who tried to sweep the news under the rug (and even mounted what Willett calls a "whisper campaign" that he had been bought off by the olive oil industry). Even fellow nutritionists and major health organizations ignored the mounting research. "It was a struggle every step," says Willett. "I was really by myself for a long time."

Meanwhile, trans fats crept into more than 300,000 products, from baby food and crackers to pancake mix and soups—making it the most abundant artificial chemical in our diets. Willett continued to lobby the Food and Drug Administration. Finally, in 2003—more than a decade after that first study—the evidence was too overwhelming for the FDA to ignore: it ruled that products containing trans fats be labeled. "National policy has the advantage of having a broad impact, but the big disadvantage is it's very slow," says Margo Wootan, vice president for nutrition at the Center for Science in the Public Interest, who worked with Willett to twist the government's arm on trans fats. That twisting continued until the FDA rescinded trans fats' Generally Recognized As Safe (GRAS) status in 2015 and called for them to be eliminated from the food supply by this year. The World Health Organization recently moved to ban them *globally* by 2023. "They are metabolic poison," says Willett. "Virtually every biological process gets adversely affected by trans fats." Indeed, by conservative estimates, the U.S. ban will prevent tens of thousands of deaths from heart disease and other conditions annually.

That's not to say that trans fats have been Willett's only focus. Over his nearly 40-year career, he's published more than 1,800 studies on a wide range of health topics, including the adverse effects of sugary beverages and the ways diet impacts cancer risk, and has been a leader in shaping nutrition guidelines both in the U.S. and worldwide. (True to his health focus, Willett also rides his bike to work every day.) Adds Wootan: "The research he does doesn't just end up in a library somewhere. He shares that research with reporters, policymakers and advocacy groups to ensure that it makes a difference in people's lives."

Congratulations, Julie!
The Monterey Bay Aquarium congratulates Executive Director Julie Packard on being named a 2018 American Food Hero by *EatingWell*.
Through Julie's leadership over nearly 20 years, our Seafood Watch program has grown from a simple consumer guide to a global influencer of sustainable seafood practices and government policy.
Learn more about Seafood Watch and find sustainable seafood near you on our app or website.
Monterey Bay Aquarium
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Available on the App Store
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PRESCRIBING PRODUCE, NOT PILLS

Michel Nischan
Chef and Founder, Wholesome Wave

What if you couldn't afford fresh fruits and vegetables? Even though you know they're essential for good health, common sense dictates that the little money you have go toward the cheapest possible calories. Problem is, those foods tend to be highly processed, low in nutrition and loaded with salt, sugar and unhealthy fats that can lead to chronic conditions like diabetes, obesity and heart disease, as well as costly treatments to manage them.

That injustice is what Michel Nischan took on when he founded Wholesome Wave, inspired by his own son's diabetes diagnosis and the eye-opening reality of how intertwined diet and disease really are The result is an innovative produce prescription program, called FVRx (Fruit and Vegetable Rx), that's rewriting the script on access to good food. The concept is simple: A patient sees her health care provider, who literally hands her a prescription for fresh produce that she can redeem ($1 a day per household member) for, say, strawberries or zucchini at any participating farmers' market, grocery store or local Target. "When your doctor says you should eat more fruits and vegetables, and here's a prescription that you can exchange for free produce everybody understands that concept," says Nischan. "That's one of the reasons why it's so successful with consumers. The power of that advice is *massive*." It also has a massive potential to cut down on the estimated $1 trillion our country spends every year on diet-related diseases.

More than half a million people annually use FVRx, and the program has gotten remarkable results: the majority of participants report eating more fruits and vegetables, nearly half have decreased their BMIs, and many saw other health benefits, too like managing their blood sugar levels, or being able to go off their medication. What solidified Nischan's place on our list this year: the food-as-medicine program is poised to expand dramatically. He recently worked with members of Congress on a bipartisan bill that includes a measure to provide produce prescriptions– $10 million worth, for the initial pilot program to patients in low-income areas across the country "Just putting a grocery store in a 'food desert' doesn't cause people in poor communities to make healthier food choices," says Nischan. "It's kind of like putting a Mercedes-Benz dealership in low-income area of rural Alabama and being stunned when you don't sell a car. The main barrier is lack of affordability Instead of waiting for people to get sick, we can give them the fruits and vegetables they need to avoid disease in the first place."

+ MAKING OUR LIST

nly

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PUSHING A NEW BREED OF NOSE TO TAIL

Co-Founders, Epic Provisions

The inspiration for Epic Provisions (think: high-end meat snacks like bison bars and wagyu beef strips) came out of personal necessity. As triathletes and general body-limit-pushers, husband and wife duo Katie Forrest and Taylor Collins needed good workout fuel. Health issues necessitated that Forrest avoid most carbs—the traditional endurance-exercise go-to—and amp up her protein intake. But there was a problem: They couldn't find a portable, high-quality snack they liked. "At first, we would cook up pounds of bacon at a time, put them in Ziploc bags and take them on long training rides," says Forrest. "Then we were like, let's just make this into bar form." They began experimenting in their kitchen using different cuts of meat and curing methods. Epic was born.

But it's how the meat in Epic's products is sourced that makes them special. Since day one, Forrest and Collins have chosen farmers and ranchers who raise their animals using regenerative agriculture practices—a better, more environmentally friendly version of grass-fed that both promotes the welfare of the cow, pig or bison and improves the land it feeds on. They also play an active role helping farmers make the switch to regenerative. Further deepening their commitment to responsible sourcing, the duo recently introduced the Whole Animal Project, which pledges to use nearly 100 percent of the animal, nose to tail. To do that, they expanded their product line to include pork rinds, bone broths, organ meat snacks and cooking oils. "It's really a way to honor these amazing animals that have sacrificed their lives to feed us," says Collins. "We're always trying to increase the standards by which they're raised. Being able to shake the farmer's hand and say, 'If you convert to regenerative practices, we'll commit to buying the entire animal, not just limited cuts,' is good incentive for them to adopt a better agricultural system." Sustainable pork rinds? Sign us up.

CURBING WASTEFUL PACKAGING

Paul Polman, CEO, Unilever

Sustainability isn't a mere buzzword to Paul Polman. It is his ethos. From the get-go as CEO in 2009, he has made it a top priority—implementing a plan that has reduced the company's product waste by 29 percent and cut the weight of packaging by 13 percent. Last year, he pledged that 100 percent of Unilever's plastic packaging will be reusable, recyclable or compostable by 2025—not only in its U.S. products (such as Hellman's, Breyers, Knorr and Lipton), but across *all* of its 400-plus brands worldwide. It's a bold commitment that will have a big impact: packaging is the single largest use of plastic—accounting for nearly a third of all the plastic made globally. Yet by current estimates, only 14 percent of it is recycled, while 40 percent gets dumped in landfills and still more winds up in our oceans and other vulnerable ecosystems. "As a consumer-goods industry, we need to go much further, much faster, in addressing the challenge of single-use plastics by leading a transition away from the linear take-make-dispose model of consumption to one which is truly circular by design," Polman has said. (No wonder the United Nations bestowed its highest environmental accolade—the Champion of the Earth Award—on him in 2015.)

Yet Polman is keenly aware that one company—while certainly a behemoth—can only do so much, and has called on other industry giants to follow Unilever's lead. At the World Economic Forum in January, he told the roomful of business and political leaders, "If you don't bring purpose to business—if you can't explain as a business what you are doing to make this a better world, then the citizens of this world will very quickly ask the question, 'Then why are you around in the first place?'" Before the conference was over, 11 companies, including McDonald's, Mars, Danone and Coca-Cola, had signed on to join Unilever's 2025 goal.

In addition to reimagining the packaging and other environmental impacts of Unilever's existing brands, Polman continues to expand its portfolio of green-minded companies, including Seventh Generation, Ben & Jerry's and Fruttare. Last year, those "sustainable living" brands, as they're called, grew twice as fast as the rest of the company and were responsible for 60 percent of Unilever's total growth—proving that sustainability isn't just about doing good for the planet, it also makes good business sense.

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Since day one, Reynolds Wrap® Aluminum foil has been proudly manufactured in Louisville, Kentucky
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★ Fight freezer burn with **Non-Stick Foil**. The food-safe non-stick coating keeps frozen foods from sticking together. To freeze fruit for smoothies or cocktails, slice and arrange in an even layer on a foil-lined sheet pan before putting it into the freezer. Once it's frozen, wrap the fruit in the non-stick foil until you're ready to use.

★ Grab **Heavy Duty Foil** when extra sturdiness is needed. It stands up to high-intensity heat—so it's perfect for outdoor grilling and smoking. Simply, fill foil packets with your favorite ingredients and pop them on the grill for a no-hassle dinner.

★ Visit **Reynoldskitchens.com/grilling** for summer grilling recipes and tips! ★

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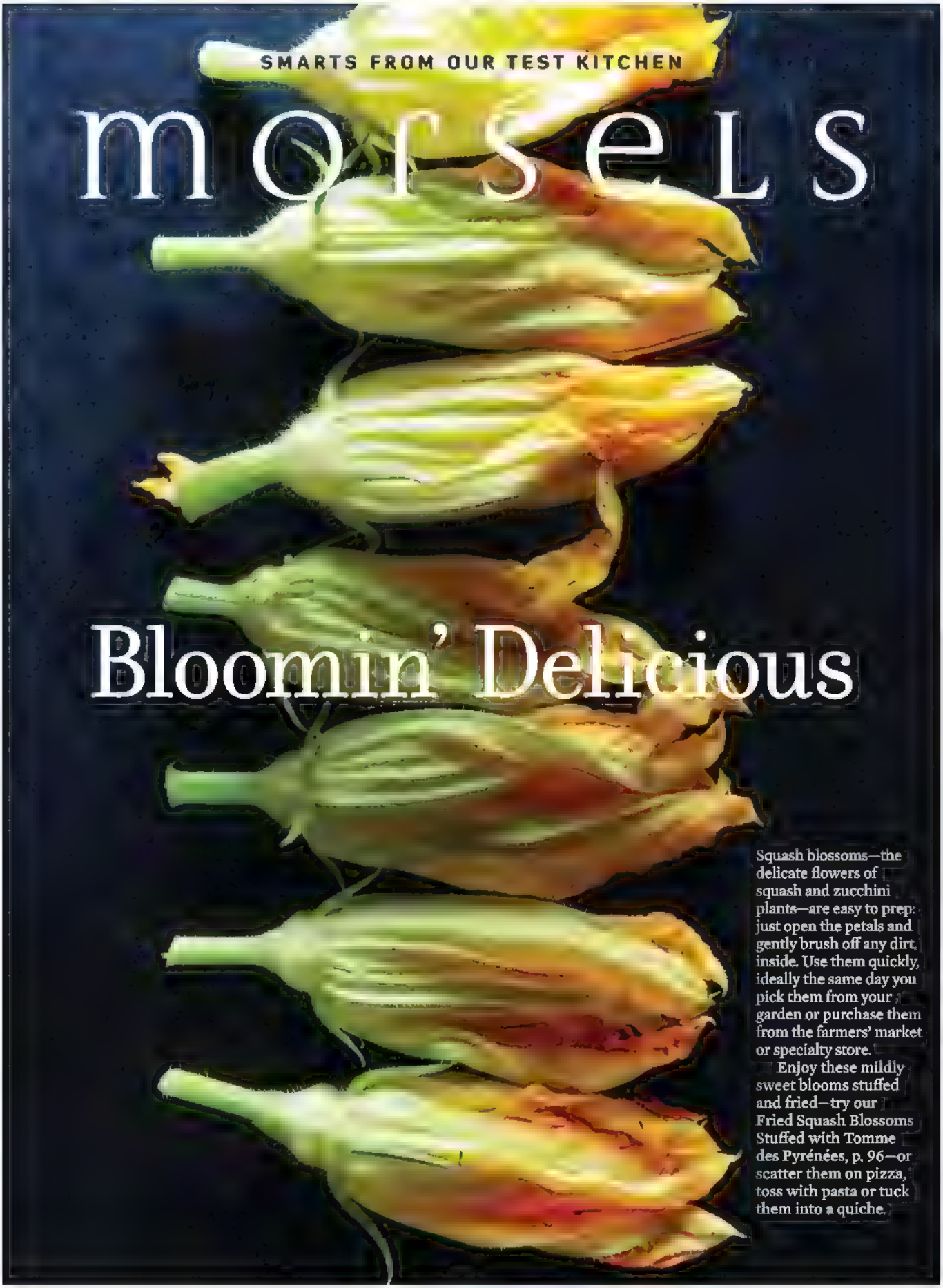
SMARTS FROM OUR TEST KITCHEN

morsels



Bloomin' Delicious

Squash blossoms—the delicate flowers of squash and zucchini plants—are easy to prep: just open the petals and gently brush off any dirt inside. Use them quickly, ideally the same day you pick them from your garden or purchase them from the farmers' market or specialty store.

Enjoy these mildly sweet blooms stuffed and fried—try our Fried Squash Blossoms Stuffed with Tomme des Pyrénées, p. 96—or scatter them on pizza, toss with pasta or tuck them into a quiche.

By LUCY M. CASALE

Better Bubble Makers

If, like the rest of America, you can't get enough seltzer (in 2017 we drank nearly 170 million gallons!), investing in a home bubbly maker is a sustainable move. Just screw in the carbonator cylinder and get fizzing. One SodaStream cylinder (which fits most machines, including all of our picks) makes the equivalent of 60 1-liter plastic bottles or 169 12-ounce aluminum cans—so it's much easier on the planet. Bonus: Participating retailers send empty cylinders back to SodaStream to be refilled or recycled. What's your seltzer style?

RETRO
We dig the 8 bright colors, like aqua sky, of the **KitchenAid Sparkling Beverage Maker.** Plus, the CO_2 pressure gauge display lets you easily track your custom carbonation level—from gentle bubbles to super fizz. **$200,** *bedbathandbeyond.com*

TRADITIONAL
The **SodaStream Aqua Fizz** takes eco-friendly seltzer further with two indefinitely reusable glass carafes. Other models' plastic bottles last only a few years due to plastic degradation and pressure-induced damage. **$180,** *sodastream.com*

MODERN
Sold in polished steel, brass or matte black, the sleek **Aarke Sparkling Water Maker** was created by two Swedish industrial designers. Its lever both carbonates your water and releases pressure from the bottle afterward. **$200,** *williams-sonoma.com*

Seltzer makers are greener, but will they really save you green?

BLAINE MOATS

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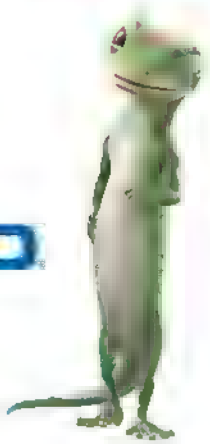

PICK OF THE SEASON

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BlueDiamond.com

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Organic Eden Kimchi Sauerkraut combines spicy zest and mellow savory flavor in one jar – the perfect sandwich topper or side. Traditional old-world methods, 90+ years of experience, no additives.

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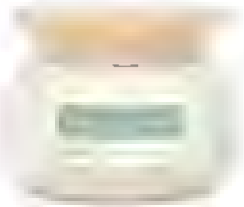

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DavidOreckCandles.com

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By JULIA WESTBROOK

Veggie Patties We Melt For

The veggie burger section has exploded with more options than ever, especially when it comes to believably beefy flavors and textures. We inspected the nutrition labels of 23 varieties, tasted 14 patties that stood up to our standards, and flipped for these four winners.

Our Test Kitchen shoppers hit up *maaany* stores doing the research for this rundown. Follow their smart shopping strategies:

Sleuth the Sodium

Veggie burgers are sodium-rich by nature and that's before you add the bun, ketchup and cheese. We chose patties with 440 mg or less to allow for all the other good stuff.

Pump Up the Protein

Generally, plant-based burgers aren't as high in protein as those made with meat. To get a sustaining dose, look for versions with at least 8 grams.

Don't Sweat the Calories

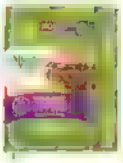
What?! No calorie target? Yes, you read that right. The average veggie burger has about 200 calories (of our picks, the highest was 290). We aim for entrees to come in under 500 calories, so even with a bun (about 120 calories) and toppings, almost any veggie burger is a light choice.

Order Up

The Impossible Burger is one deliciously meaty meatless option we're fans of. Made with a yeast-based "heme" to mimic blood, it even oozes juices like meat. You can't buy it in stores.... yet. But restaurants ranging from hip gastropubs to White Castles are now serving it up. Visit *impossiblefoods.com* to find locations near you.

Beyond Meat The Beyond Burger
The texture and taste are truly beefy. It even cooks like meat—rare to well done. *(See?)*

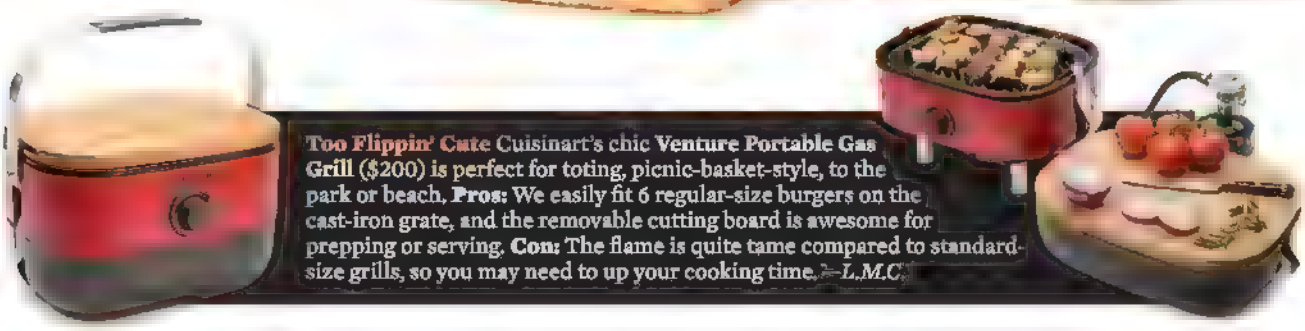
Field Roast FieldBurger
Shiitake and porcini mushrooms give this burger an irresistible umami kick.



MorningStar Farms Grillers Original
Veggie burgers can be dry, but these patties are deliciously moist.

Amy's All American Veggie Burger
We liked the spices in this hearty burger, made with organic bulgur.

Numbers to Look For
(per patty)
Sodium: ≤440 mg
Protein: ≥8g



Too Flippin' Cute Cuisinart's chic **Venture Portable Gas Grill** ($200) is perfect for toting, picnic-basket-style, to the park or beach. **Pros:** We easily fit 6 regular-size burgers on the cast-iron grate, and the removable cutting board is awesome for prepping or serving. **Con:** The flame is quite tame compared to standard-size grills, so you may need to up your cooking time.—*L.M.C.*

PHOTO PETER ARDITO

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		45 MIN OR LESS	CALORIES	CARBS (g)	ADDED SUGARS (g)	PROTEIN (g)	FIBER (g)	SODIUM (mg)	POTASSIUM (mg)	GLUTEN-FREE	HEART-HEALTHY	LOW-CAL	VEGAN	VEGETARIAN	DAILY VALUE (20%+) CALCIUM (%)	FOLATE (%)	IRON (%)	VITAMIN A (%)	VITAMIN B12 (%)	VITAMIN C (%)
BREAKFAST																				
34	Cantaloupe Smoothie Bowl	●	135	32	0	3	3	180	1053	●	●	●	●	●				453		196
34	Honeydew Smoothie Bowl	●	176	41	9	3	3	141	791	●	●	●		●						112
26	Muesli with Raspberries	●	287	52	0	13	13	82	460		●	●		●	29					54
APPETIZERS																				
96	Fried Squash Blossoms Stuffed with Tomme des Pyrénées	●	196	7	0	6	0	194	72			●		●						
104	Peach & Bacon Crostini	●	79	11	0	2	1	146	69		●	●								
95	Savory Zucchini Cake		180	16	0	8	2	321	128			●								
44	Serrano-Wrapped Plums	●	30	4	0	2	0	190	52	●	●	●								
COCKTAILS																				
42	Bamboo Too	●	119	5	4	0	0	7	39	●			●	●						
42	Basil Caipiroska	●	116	10	4	0	0	29	59	●			●	●						
42	Pimm's Spritz	●	113	17	3	0	0	0	15	●			●	●						
PICKLES, SAUCES, CONDIMENTS																				
78	Bloody Mary Garnishes by the Jar		9	2	0	0	1	60	73	●	●	●	●	●				21		
80	Corn & Fennel Chow Chow		53	12	3	1	1	330	94	●		●	●	●						21
82	Olive-Cured Okra Pickles		28	3	0	0	1	165	65	●		●	●	●						
82	Pea Helper		53	10	5	1	2	109	218	●	●	●	●	●				21		69
84	Vivian's Quick Pickle Brine	●	—	—	—	—	—	—	—	●		●	●	●						
SIDES																				
18	Charred Green Beans with Mustard Vinaigrette & Hazelnuts	●	181	9	0	3	4	202	292	●	●	●	●	●						24
46	Cider & Honey Kohlrabi Slaw with Radicchio	●	122	13	6	2	3	298	308	●		●		●				51		43
98	Escalivada (Smoky Slow-Roasted Vegetables)		168	12	0	2	3	376	486	●		●	●	●				21		140
20	Grilled Baby Eggplant Agrodolce	●	192	22	10	2	4	355	370	●		●		●						
33	Pressure-Cooker Baked Beans		184	34	8	10	6	314	660	●		●				36				
95	Summer Vegetable Tian		152	9	0	2	2	376	425	●		●	●	●						43
104	Sweet Corn Polenta with Bell Pepper & Tomato Salad		121	13	0	3	2	265	177	●		●		●				20		49
SALADS																				
106	Cantaloupe & Cucumber Salad with Fresh Za'atar	●	169	8	0	4	1	377	250	●		●		●				49		46
20	Grilled Corn Salad with Chile-Miso Dressing	●	190	23	0	5	4	198	514	●	●	●	●	●		35		129		88
106	Grilled Endive & Red Onion with Fresh Figs	●	157	23	2	2	5	224	391	●	●	●		●						
18	Heirloom Tomato Salad with Tomato Vinaigrette	●	100	6	1	4	1	252	283	●		●		●				21		25
96	Zucchini Ribbon Salad with Cannellini Beans & Anchovies		122	15	0	6	8	352	435	●		●								
VEGETARIAN																				
29	Tofu Poke	●	262	19	0	16	5	800	601	●		●	●	●	31		22	211		51
FISH & SEAFOOD																				
30	Black Bean Clams with Two Noodles	●	393	50	1	21	6	809	656								25		133	67
88	Lobster Nicoise Salad		359	24	0	16	4	611	723	●		●						27		48
28	Salmon Poke	●	316	19	0	22	4	946	821	●		●				23		21		50
26	Shrimp, Avocado & Feta Wrap	●	371	34	0	29	6	615	641			●			28					31
29	Shrimp Poke	●	460	40	0	29	10	861	939	●		●				25		20		36
28	Tuna Poke	●	371	39	0	26	10	939	561	●		●						45	134	37
CHICKEN & TURKEY																				
26	Chicken & Kale Taco Salad with Jalapeño-Avocado Ranch	●	429	27	0	30	8	407	818	●		●				30		72		86
24	Corn Risotto with Tomatoes & Spinach	●	325	53	0	12	4	447	423	●		●						29		20
48	Crunchy Chicken & Mango Salad	●	285	25	0	27	5	505	536		●	●				20	54	67		164
95	Grilled Chicken with Banyuls Wine & Charred Zucchini		515	7	0	39	1	504	773	●										48
106	Grilled Lime Chicken & Steak with Herb & Arugula Salad		223	3	2	25	0	453	341	●		●								
40	Thai Wok-Glazed Grilled Chicken	●	326	12	7	23	0	224	346			●								26
DESSERTS & SNACKS																				
106	Blackberry-Ginger Ice Cream Sandwiches		303	40	21	5	2	178	91					●						
16	Cucumber-Jalapeño Popsicles		40	9	6	1	1	52	198	●	●	●		●						
50	Peach-Blueberry-Coconut Trifle		277	30	7	9	3	158	218					●						
26	Peach Caprese Skewers	●	143	17	0	7	3	90	467	●		●		●				28		34
26	Strawberry Chocolate Sundae	●	189	32	6	4	5	58	465	●		●		●						163
16	Watermelon-Strawberry Popsicles		57	14	4	1	2	51	180	●	●	●	●	●						79

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By LUCY M. CASALE

Gratitude for Farmworkers

The Labor of Love program thanks farmworkers for harvesting your leafy greens

THE SITUATION "It's a giant vegetable factory!" exclaims Steve Alameda, describing Yuma, Arizona, in the thick of harvest season. Indeed, from November to March, the town produces 90 percent of America's leafy greens: 1,000 trucks a day leave with 50,000 pounds of vegetables. And 20,000 people harvest it all. "It is *hard work*," underscores Alameda, co-owner of Topflavor Farms and president of the Yuma Fresh Vegetable Association. Farmworkers enter fields before the sun rises, and can toil for 10 to 12 hours, up to 7 days a week. The physical toll is rough: bending, cutting, in all types of weather. Add to this a hefty commute: many are migrant workers who cross the border from Mexico daily. "They really don't get the appreciation they deserve," Alameda says.

WHAT HE DID In 2015, Alameda and the Yuma Fresh Vegetable Association started Labor of Love, a campaign to say thank you. Yes, it's a small way to do so, and no, it does not fix larger issues farmworkers can face, like low wages and lack of benefits, but nevertheless, it's a step in the right direction. The idea is simple: a vegetable grower or shipper surprises a farm crew with breakfast. Work stops, and burritos or doughnuts and coffee are passed around. The sponsor thanks crew members individually for their work and gives everyone on the crew a gesture of appreciation, like gift cards.

WHY IT'S COOL So far, sponsors like Dole have thanked 80 field crews at Labor of Love events from Yuma to Salinas, California. Crew supervisor Silvino Ponce got props at one Foothill Packing event for his 20 years of service. "It's very good," Ponce says of the initiative. "Everyone looks forward to being a crew that gets chosen. We feel that what we're doing is worthwhile and very important."

Steve Alameda walks a field of leafy greens at Topflavor Farms in Yuma, Arizona.

PHOTO BRANDON TIGRETT

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